

PARENT & FAMILY ESSENTIALS



Welcome to the Gonzaga Family

Dear Parents & Families,

We are excited you have joined our Gonzaga family! We understand this will be a time of great discovery and growth for everyone. Our primary objective is to assist and support you and your student during this important phase of their life. We believe the involvement of parents and family members is very important as students take on new experiences. This guide has been designed to assist you in supporting your student as they navigate the next several years at Gonzaga. We have included important dates, phone numbers, and information about the transition to university life, as well as tips, tricks, and advice from former parents.

Please do not hesitate to contact us for any reason, big or small. We are here for you and are only a quick phone call or email away!

New Student & Family Programs

509.313.5399
gonzaga.edu/parents
nsfp@gonzaga.edu







Your Guide to All Things Gonzaga

The 2024-2025 Parent & Family Essentials is here to provide you with campus resources, local insight, and helpful information.



Helping Your Student Adjust

The transition to college will be filled with mixed emotions for both you and your student. We cannot reinforce enough how these emotions are completely normal and part of the process of acclimating to college. The vast majority of college students will quickly transition into successful, adventurous college students.

College is a time when students begin to establish their independence as adults. They may examine old beliefs, consider new ones, and test previous boundaries. Students may recreate their identities, interests, and ideas. We also want to recognize and validate the feelings that you, as a parent or family member, may feel during this time. For parents and families who have sent other students off to college before, move-in day at Gonzaga may be old news; you have already seen the craziness of thousands of students and families trying to cram numerous belongings into small residence hall rooms. Others may feel the sadness of sending their first child off to college, and for those families who are dropping their last child off to college, returning home to an empty house can be strange and lonely. We want to do everything we can to support you while you adjust to the new experiences that supporting a college student can bring. Please do not hesitate to contact us if you have questions or concerns.

As students begin their journey into adulthood, we resolve to work with them as such; students will be held accountable for their responsibilities as both a student and resident. We strongly encourage students to be aware of the responsibilities that adulthood entails, and we expect students to conduct themselves in accordance with university policies and procedures.

Roommates

For many college students, transitioning from living with family to sharing a room with a complete stranger can be daunting. Unlike the familiarity of living with family, this new dynamic introduces challenges, especially in a new environment like a college residence hall. It's crucial to advise your student on the importance of establishing clear boundaries with their roommate from the outset. These boundaries encompass various aspects of daily life, including sleep schedules, sharing or borrowing personal belongings, maintaining cleanliness, and establishing guidelines for guests in their shared space.

Regular communication is key to addressing any potential conflicts or misunderstandings. Scheduling monthly meetings, perhaps on a designated day, provides an opportunity for roommates to reflect on their living situation. During these discussions, they can openly share what has been working well, what areas need improvement, and any concerns they may have for the upcoming month. This proactive approach fosters a supportive living environment and minimizes tensions that may arise later on.

In addition to addressing immediate concerns, it's essential to encourage your student to engage in the broader university community. Participation in residence hall activities, such as social events and community service projects, can help them forge connections and feel more at home at Gonzaga University. Likewise, joining student clubs or attending campus-wide activities offers opportunities for personal growth and social interaction beyond the classroom. If your student expresses dissatisfaction with their college experience or encounters roommate conflicts, encouraging them to seek support from the Housing and Residence Life or collaborate with their Resident Assistant to address challenges can empower them to navigate college life more successfully.





Academics at Gonzaga

The classroom experience in college is often very different than high school. Some students will need to improve their study skills, discern important information from lectures, or learn to seek help with additional challenges that may seem easy at first. An initial drop in grades, even for the most successful high school students, is not uncommon.

Encourage your student to recognize that a final grade is the culmination of an entire semester's work, and that they can meet new standards and achieve their academic goals through hard work. Students are strongly encouraged to go speak to their professors. These one-on-one meetings can be a great time to establish rapport, gain valuable insight into the professor's style, and demonstrate sincere interest in classroom success.

The Center for Student Academic Success (CSAS) is available to help any student with questions about academic life. It is vital for families to understand and respect that it is the students' responsibility to develop relationships with faculty and advisors. Family members should not talk with faculty or advisors without their student present and involved.

FERPA

The Family Rights and Privacy act of 1974, as amended (sometimes referred to as the Buckley Amendment), is a federal law regarding the privacy of student records, and the obligations of the institution, primarily in the areas of release records, and the access provided to these records. FERPA applies to all schools that receive funds under an applicable program of the US department of education. Failure to comply with FERPA may result in having funds administered by the secretary of education withheld.

FERPA gives families certain rights with respect to their children's educational records. These rights transfer to the student when they reach the age of 18 or attend a school beyond the high school level. Parents/guardians who want access to their student's educational records should have their student complete the "Authorization to Disclose Educational Records" form.

A student may request that their directory information be restricted by completing the Directory Information Restriction form and submitting it to the University Registrar's Office. The form is not available electronically or through Gonzaga's webpages and is only available through the University Registrar's Office located in College Hall, room 229.

If a student elects confidentiality/non-disclosure, any inquiry to the university about, the student will receive a response of "we have no information on that individual." If a student elects confidentiality/non-disclosure, it remains in effect until the student requests its removal or the student dies.

If the confidential flag is not removed prior to, or at the time of graduation, the university will not be able to respond to inquiries from potential institutions of higher education for admission purposes, or to prospective employers' enrollment or degree verification inquiries.



Student Affairs

Grounded in the university's mission, the Division of Student Affairs provides educational opportunities and services that transform students' lives outside of the classroom. We achieve this through shared priorities of finding purpose, promoting well-being and healthy living, cultivating intercultural competence, and developing resilience. We envision a community where students live the university mission.

509.313.4100 | gonzaga.edu/student-life

Integrated Learning & Development

Our organizational structure is divided into three “communities of practice,” with each being led and supported by a dean, centered around three pillars: **Integrated Learning & Development, Diversity, Equity & Inclusion, and Wellbeing & Flourishing.**

Center for Student Involvement (CSI)

The Center for Student Involvement works with Gonzaga's 140+ clubs, student government, and SpikeNites – GU's Weekend Programming. CSI is a student-centered, student-driven department dedicated to empowering GU students to create and partake in experiences which foster learning and development, preparing them to be leaders in their communities and engaged citizens of the world.

509.313.6123
gonzaga.edu/getinvolved

Gonzaga Outdoors

Gonzaga Outdoors offers students opportunities to participate in and learn about outdoor activities thereby building community, enhancing leadership learning, promoting wellness, and building skills and confidence. Our program facilitates guided outdoor trips both inside and outside of the classroom, offers students discounted rental services, provides affordable bike and ski maintenance, and has numerous trip-planning resources. For those interested, we also run a Trip Leader Training program for students. Gonzaga Outdoors inspires students to become active in protecting and participating in the outdoors throughout their lives.

509.313.4189
gonzaga.edu/outdoors

New Student & Family Programs (NSFP)

NSFP develops and facilitates programs for all new Gonzaga students and their families through New Student Orientation, Extended Orientation, Parent & Family Orientation, Zag Into Action, and Fall Family Weekend. We strive to create and maintain an authentic connection to the university with which students find a sense of belonging while families find a sense of comfort and shared experience.

509.313.5399
gonzaga.edu/nsfp

Housing & Residence Life (HRL)

At Housing and Residence Life, our commitment lies in nurturing safe, inclusive, and vibrant communities that fuel students' wholistic growth through social interaction and intentional learning experiences. We prioritize providing inclusive housing options and robust support services to students in both on-campus residence halls and GU-owned/managed off-campus rentals. Our overarching goal is to cultivate lively residential environments where students can excel academically, build meaningful social connections, and develop personally.

509.313.4103
gonzaga.edu/studenthousing

Student Media

Student Media is home to the Gonzaga Bulletin Newspaper, Spires Yearbook, Reflection journal of art and literature, Charter journal of scholarship and opinion, and Our Voices journal of culture and diversity. Student Media employs students as editors, writers, photographers, graphic designers, advertising sales execs and marketing specialists. All student positions are paid

gonzaga.edu/studentmedia
gonzagabulletin.com



Diversity, Equity, & Inclusion

Center for Community Engagement (CCE)

We help students and alumni clarify and attain their career and educational goals by 1) teaching them to navigate career development throughout their lives, 2) providing relevant and meaningful programs and services, and 3) and engaging a variety of stakeholders (faculty, administrators, staff, parents & families, and employers) to be career development partners.

509.313.6824
gonzaga.edu/cce

Lincoln LGBTQ+ Resource Center

Our focus is to develop and sustain Gonzaga University as a safe and welcoming community for people of all sexual orientations, gender identities, and expressions by engaging in education, advocacy, outreach, and programming.

509.313.5760
gonzaga.edu/lgbtq

Payne Center for Leadership Development (PCLD)

The PCLD promotes and supports the lifelong leadership development of all students. We help foster practical leadership skills through specialized workshops, guest speakers, coaching, conferences, and ongoing reflection. Our office is the perfect place to help students connect with a wide variety of campus leadership opportunities.

509.313.4156
gonzaga.edu/pclcd

Office of Sustainability

We seek to develop ways for the entire campus to play an active role in the creation of a culture of sustainability. We curate the Campus Sustainability Committee, which meets monthly, and offers students and employees an opportunity to share, discuss, and act on sustainability issues at Gonzaga. We support student sustainability related groups and clubs through the sustainability roundtable, and offer counsel and advice to students as requested.

509.313.6824
gonzaga.edu/cce

Unity Multicultural Education Center (UMEC)

Our purpose is to advocate for underrepresented students and provide experiential learning opportunities for all students in order to create a university community that integrates and values multiple perspectives and cultural narratives.

509.313.5836
gonzaga.edu/umec



Center for Student Academic Success

CSAS is an all-inclusive academic support center designed, through programs and retention initiatives, to empower Gonzaga students to be active and independent learners in pursuit of their academic success. The Center includes three integrated areas:

Academic Advising & Assistance

Professional advisors in AAA assist students on a variety of topics, including academic planning, policy clarifications, crisis management, transitional advising for students between majors, and academic skill development. Programs run by AAA include an early alert and referral system, academic standing and probation, freshman registration, as well as individual assistance for students and faculty on academic issues.

509.313.4072
gonzaga.edu/aaa

Disability Access

Disability Access provides access to Gonzaga University's programs, services, activities, and facilities for qualified students with disabilities in

compliance with the Americans with Disabilities Act, Section 504 of the Rehabilitation Act of 1973, and Washington State Laws. We serve students with permanent or temporary disabilities. We may arrange or provide appropriate and reasonable academic accommodations, auxiliary aids, assistive technology, physical/mobility aids, and other types of accommodations for students with disabilities. The university recommends the student contact Disability Access at least four weeks prior to the semester for which they are requesting services. However, Disability Access continuously evaluates student documentation and requests for accommodations throughout the school year. If at any time during the process of application, admission, and enrollment, individuals feel that they have been discriminated against because of a disability, they are encouraged to notify Disability Access.

509.313.4134
gonzaga.edu/disabilityaccess



Learning Strategies

Learning Strategies provides academic support in the form of individual peer tutoring, group study session, and academic workshops through the Learning Studio. Students seeking academic support in any course can request assistance from Learning Strategies to find opportunities.

509.313.4247
gonzaga.edu/learningstrategies

Wellbeing & Flourishing

Center for Cura Personalis (CCP)

“Cura Personalis” or “Care for the whole person” is a vital part of the Gonzaga mission. This means that Gonzaga promotes the holistic well-being of students both inside and outside of the classroom – we strive to support students in their intellectual growth, but also in their social, emotional, physical, and spiritual growth. The Center for Cura Personalis (CCP) takes this ethos of holistic care seriously, aiming to help every student feel cared for, supported, and valued. Case managers in CCP are here to meet one-on-one with students, support them in dealing with life’s challenges, and help connect them to useful offices and resources on and off campus. Case managers aim to build self-advocacy skills and promote personal growth through individualized meetings in a comfortable, private setting.

We know that the transition to college can be difficult for many, and made even more difficult by well-being concerns around nutrition, sleep, new relationships, and emotional health, to name

a few. We also understand that, nationally, there has been a significant increase in the number and intensity of mental health concerns, especially among the college student population. The staff at CCP is here to both guide and support your student through those challenges, but also to help them gain the skills of independence and self-advocacy. We encourage you to talk with your student about their well-being (including drug and alcohol use and mental health concerns) and to discuss strategies for managing difficult transitions as well as identifying support structures that already exist in your student’s environment. If things get difficult and your student needs help navigating the situation for themselves, we are here to help. If your student or a fellow student is struggling and not sure where to start, CCP is a great option. You can refer a student to CCP by submitting a referral form at www.gonzaga.edu/refer.

509.313.2227
gonzaga.edu/ccp

Health & Counseling Services (HCS)

Health & Counseling Services is an integrated on-campus medical and mental health service for students who are registered in on-campus courses and pay the wellness fee. The staff at the health and counseling center includes board certified physicians, a psychiatric nurse practitioner, family nurse practitioners, nurses, and counselors. Our team provides high-quality care for all Gonzaga students in a confidential setting. While students are encouraged to call ahead for an appointment, they are always welcome to walk in to talk with a member of our team.

We offer many services for students, including treatment of injuries and illness, mental health care, women’s and men’s health, immunizations, diagnostic procedures, follow-up care, and referrals. There is a minimal cost to see a medical health care provider and no cost to see a counselor. Students may pay cash, credit, Bulldog Bucks, or charge the amount to their

student account. We do not bill insurance, but our fees are on a fee slip that insurance companies will accept for reimbursement when submitted by the student or their family.

In addition to medical services, our staff provides short-term, solution-focused counseling to assist students in coping with obstacles that prevent them from concentrating on their education. The office is staffed by counseling professionals, trained and experienced in addressing stress management, conflict, anxiety, depression, grief, and other issues that may cause psychological distress. Additionally, we have one counselor each day that accepts crisis appointments. Counseling services are free of cost to students. Occasionally, students have concerns that may require specialized services; our team can serve as consultants in the process of referrals to appropriate community professionals.

We also offer a wide range of support services for students including support groups, a Self-Care Store with over-the-counter medications, crutch rental, and a Health Ride program.

All care provided in Health & Counseling Services is

confidential and will not be shared with anyone outside the center without the student's expressed written consent, unless there is clear and imminent danger to themselves or another person.

509.313.4052
gonzaga.edu/hcs

Office of Health Promotion (OHP)

The professional staff of this area use public health approaches to lead initiatives, create programs, and identify services and spaces that encourage positive, holistic well-being and reduce high-risk behaviors. We work together with campus partners to foster a health promoting environment at GU, and provide myriad opportunities for students to learn, grow, and deepen in their practice of well-being strategies that will aid them for the rest of their lives. Some of the topics frequently discussed include alcohol and other drug use, mental and emotional well-being, sleep and nutrition, relationships, suicide prevention, conflict management, and stress reduction strategies.

Collegiate Recovery Community

The mission of this program is to build community among students

in recovery. This could include recovery from substance use disorders, disordered eating, technology, gambling, and those seeking to reduce their use of alcohol or other drugs or potentially harmful behaviors. OUR House provides a safe space for students to gather as they work toward their goals.

Research shows that Gonzaga students who regularly practice healthy habits – such as eating fruits and vegetables, getting enough restful sleep, and getting recommended levels of exercise – report having significantly fewer, if any, mental health issues, especially depression, anxiety, and panic attacks. Additionally, those who regularly exercise and get enough restful sleep are significantly more likely to report no difficulties with academics, relationships, and family problems (source: National College Health Assessment at GU, spring 2016). Healthy behaviors can be the first thing to decline when we are struggling or stressed. Encouraging your student to establish a regular pattern of healthy behaviors from the beginning of their college experience will significantly benefit them in the long run.

We are aware that alcohol and drug use happens on nearly every

Wellbeing & Flourishing

college campus and Gonzaga is no exception. Our approach at Gonzaga is to educate students about harm reduction strategies that can help minimize unwanted individual or community-level consequences. Students typically overestimate the amount of drinking on campus by believing that everyone is drinking all the time, and it is a way to fit in. At OHP, we have conversations with students about making decisions around partying in a supportive, non-judgmental way. In your role as a caregiver, consider the start of college as an opportunity to have a conversation about drinking and drug use, by letting your student share their perspective. Share what you believe as well and set clear expectations. Discuss how movies and TV shows portray college life, and how reality is often much different from what we see in the media. You are a critical element in encouraging our students to avoid engaging in risky behaviors and thinking proactively about how they'll navigate a new environment. For more information about alcohol and other drugs, and tips about how to talk with your student, we encourage you to read the last

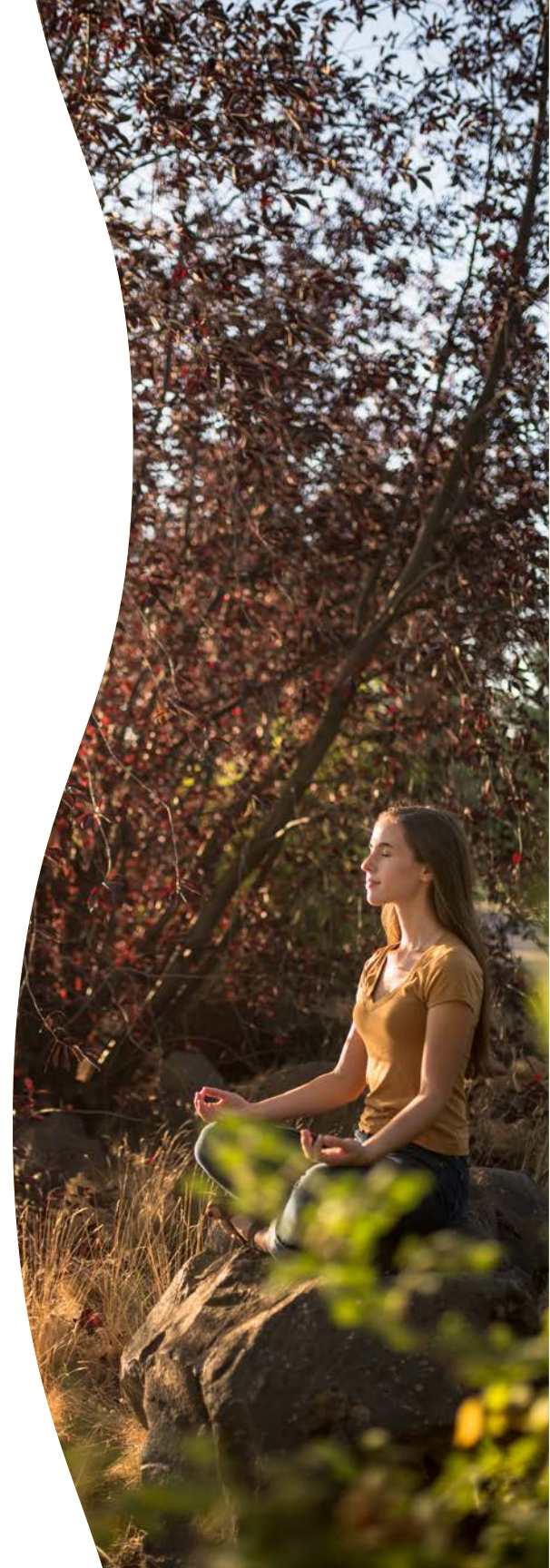
few pages of this publication.

509.313.5923
gonzaga.edu/ohp

Resolution Center for Student Conduct & Conflict (RC3)

The Resolution Center is responsible for reconciling issues of student misconduct in accordance with the Student Code of Conduct. Our student conduct resolution processes provide transformative opportunities as we guide students to engage in ethical discernment, develop enhanced decision-making skills, engage in Jesuit values, and learn to accept ownership for actions. The Resolution Center also provides a variety of conflict resolution services and programs to assist students as they navigate through conflict. The Resolution Center focuses on growth, accountability, common good, and humanistic principles in all processes and services.

509.313.4009
gonzaga.edu/resolutioncenter



Student Services

Beyond Academic and Student Affairs there are a number of offices and departments across campus dedicated to student services that are vital to a thriving Gonzaga community.

Bulldog Bucks

Bulldog Bucks is a stored value account managed by the university and included with all freshman and sophomore meal plans. The account is free, cannot be overdrawn, and simplifies campus living by using the ZAGCARD to make a purchase. Many students have limited experience managing a budget; Bulldog Bucks provides a learning opportunity that is risk-free and fee-free.

Bulldog Bucks can be spent on campus at all Zag Dining locations, the Zag Shop (Bookstore), multiple departments, and is the only way to pay for printing in the library. In addition, there are over 25 locations off campus where Bulldog Bucks are accepted. Available Bulldog Bucks roll over from semester to semester and year to year, as long as the student is enrolled.

Bulldog Bucks included with meal plans are intended to supplement the plan and last the entire semester. If you would like to make a deposit to cover

additional expenses, such as books and printing, visit www.gonzaga.edu/bulldogbucks/ Bulldog Bucks make a great gift idea. Anyone can make a deposit; all they need is your student's GUID number.

509.313.6506
gonzaga.edu/bulldog-bucks



Campus Security & Public Safety

CSPS is a dedicated team of professionals that patrol and dispatch the campus 24 hours a day, 365 days a year. Campus Security professionals are approachable, friendly, and always willing to help. Blue light phones are available throughout

the campus. These phones allow students immediate access to CSPS dispatchers. In addition, The Rave Guardian mobile app presents a user-friendly resource to keep the Gonzaga community safe and informed. Students who may not feel comfortable walking on campus at night can also request a safety escort from an officer by calling CSPS Dispatch at 509.313.2222 or simply dialing ext. 2222 from a university phone. In compliance with the Federal Campus Security Act, Gonzaga University prepares and distributes an annual report, which sets forth its policies on crime prevention issues and gives statistics on the number of specific crimes and arrests, which have occurred on campus or in the surrounding area. A copy of this annual report is available upon request.

509.313.2222
gonzaga.edu/security



Student Services

Career & Professional Development (CPD)

We help students and alumni clarify and attain their career and educational goals by 1) teaching them to navigate career development throughout their lives, 2) providing relevant and meaningful programs and services, and 3) and engaging a variety of stakeholders (faculty, administrators, staff, parents & families, and employers) to be career development partners.

509.313.4234
gonzaga.edu/careers

Financial Aid & Student Employment

We are dedicated to helping students and families in the pursuit of their educational goals by providing financial information and employment resources in a professional and individualized manner. We believe money should never come between a qualified student and a Gonzaga education. Honoring this philosophy, we commit our

services to helping you pay for your student's education.

509.313.6582
gonzaga.edu/finaid
gonzaga.edu/studentemployment

International Student & Scholar Services

Our office provides a range a range of support services for international students including immigration and acculturation advising. Domestic students are encouraged to contact us to learn about was to meet our diverse population.

Study Abroad

The Study Abroad Office assists students with all aspects of studying abroad for a year, semester, or summer session. With about 60 programs available, students are encouraged to begin planning their study abroad experience during their first year at GU. With scholarships available specifically for study abroad, this is an opportunity for every student in our community.

509.313.3549
gonzaga.edu/iss

John J. Hemmingson Center

The Hemmingson Center brings to life Gonzaga's rich history, educational experiences, and serves as a gathering place for students, staff, faculty, and the greater Spokane community. At its core, Hemmingson is an imaginative place reflecting our vision of what it means to support students who attend a premier Jesuit university. Its intentional design showcases the Gonzaga experience with exciting, innovative, opportunities to live in community, meet, learn, discover, and grow in every aspect of life: mind, body, and spirit.

509.313.6942
gonzaga.edu/hemmingsoncenter



Rudolph Fitness Center (RFC)

The RFC is located in the heart of campus, offering fun and innovative opportunities to make healthy life decisions. With something for everyone, amenities include a full line of state-of-the-art cardio and weight training equipment, and indoor track, certified instructor-led group classes, a six-lane, 25-yard indoor pool, a smoothie bar, full-sized basketball and volleyball courts, an off-campus tennis facility, and much more. All undergraduate students receive a membership and have access to the secure facility throughout the academic year using their ZAGCARD. With friendly staff and a community-oriented culture, the RFC is open and well-used from early mornings to the late evening. Student employment opportunities are available ranging from referees, lifeguards, and fitness instructors.

509.313.3974
gonzaga.edu/rfc

Student Accounts

Our office assists students in meeting their financial obligations to GU. Our services include: issuing billing statements, processing payments and refunds, arranging monthly payment plans, and producing student identification cards. We are very proud of the knowledgeable, professional, and courteous service we provide to our students, families, faculty, and staff.

509.313.6812
gonzaga.edu/studentaccounts

Transfer, Veteran, & Returning Adult Services (TVRAS)

Our office serves as your central point of information and resources to address any questions or concerns you may have about being a transfer, veteran, or returning adult college student at Gonzaga University. We are committed to supporting your successful transition to college and to connecting you with the services available at Gonzaga to support your educational journey.

509.313.5345
gonzaga.edu/tvras



University Ministry (UMin)

UMin's mission is to support the spiritual and faith development of our students, regardless of religious affiliation and tradition. We value building relationships and community while exploring big questions of faith and spirituality. One way we do this is through formal programming like retreats, worship, small groups, and liturgies. We also have team members who meet with students one-on-one for conversation. Our office is a place of encouragement, community, contemplation, and connection. Students are welcome to stop by to learn more or simply to spend time in our space!

509.313.4242
gonzaga.edu/umin

ZAGCARD

The ZAGCARD identifies your student as a member of the Gonzaga community. Not only is the card needed to access meal plans and Bulldog Bucks, it is also used to enter residence halls,

the fitness center, athletic events, as well as a number of campus amenities.

It is the student's responsibility to care for and secure their ZAGCARD. Your student should keep their ZAGCARD with them at all times and never share it with others. In the event it is misplaced or lost, the student should immediately log into Zagweb to FREEZE it. This action will stop the card from working all over campus. If the card is found before it is replaced, it can be unfrozen. If the ZAGCARD is not found, the student must pay the replacement fee to have a new card printed. Also available in Zagweb, students can view their meal plan and Bulldog Bucks balances and transaction history.

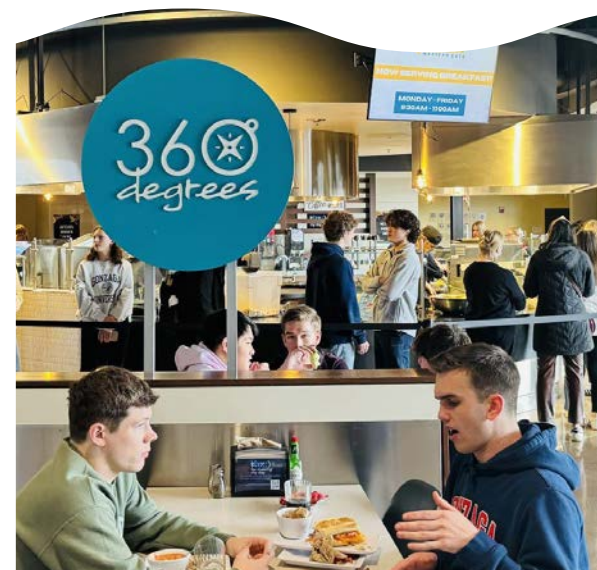
509.313.6506
gonzaga.edu/zagcard

Zag Dining by Sodexo

Proudly feeding Gonzaga students since 1959, Zag Dining by Sodexo provides a community experience centered on culinary

expertise, fresh ingredients, healthy options, and a shared sense of environmental and social responsibility. Zag Dining by Sodexo provides high quality food services at various locations around campus. The Zag Dining team is always open to suggestions and appreciates hearing comments or concerns from students. Every freshman or sophomore student living in a residence hall is required to have a meal plan. If your student has special dietary needs, please encourage them to set up an appointment with Zag Dining's registered dietician to discuss how on-campus dining facilities can meet their needs.

509.313.6906
zagdining.com



Month-by-Month

What to Expect Throughout the Year

Your student's journey into the college experience will be filled with many transitions from high school to college, from home to residence halls, from family to friends. While this journey is often a very personal one, we typically see trends in regard to which challenges students are facing at certain times of the year. The following is a brief overview of issues that students may face. Informed caregivers are better able to help students navigate some of the challenges they may encounter.

We have laid out a month-by-month calendar of "what to expect" as an aid for you. As always, don't hesitate to contact us; we are here to address any of your questions or concerns.

September

- Excitement about newfound freedom and surroundings
- Roommate challenges

Students are learning to make choices, and making choices about drinking is one of them. They may have misconceptions that all students are drinking and that this is a way to fit in. They may find themselves in drinking situations. Underage drinking exposes students and others to numerous negative consequences and negatively impacts the entire Gonzaga community. The first six weeks are critical for making healthy choices during this transition time. Families can use this time to talk with their student about the consequences of drinking and making healthy choices.

If roommate challenges arise, encourage your student to talk to their Resident Assistant (RA). RA's are student leaders with advanced training in conflict mediation, communication skills, and more. In this early part of the year, some level of conflict is expected as students learn to live in close quarters with others. If working with the RA is not as successful as you had hoped, encourage your student to contact that RA's supervisor, a Residence Director (RD). RD's are professional staff who can often assist in ways beyond those of the RA.

October

- FAFSA forms are available for the following school year and should be submitted by student ASAP

- Homesickness and loneliness
- First papers, quizzes, tests, and midterms

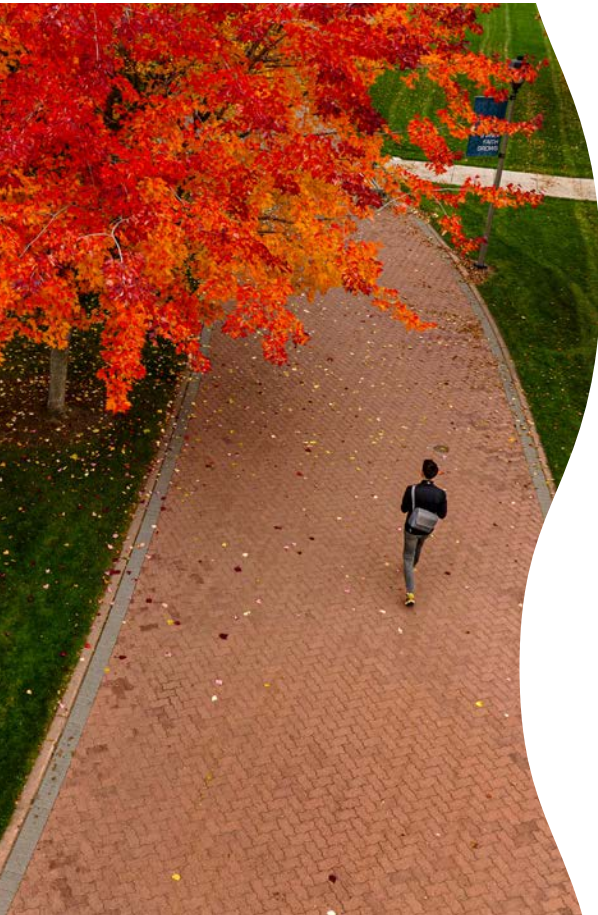
Homesickness has a tendency to seep in around this time of year. Encourage students to get involved and meet new people, but remind them that college will bring new challenges and workloads, so they should not take on too much too quickly. Balancing all of their responsibilities will be vitally important.

Your student's first grades might not come back as high as they would have expected. This is not unusual when transitioning from high school to college. Remind your student there is plenty of time left in the semester; first quizzes and papers are a chance to figure out what information is important for the course. Encourage your student to speak

Month-by-Month

with the professor often to help improve their grade.

The Free Application for Federal Student Aid (FAFSA) is available October 1. Your student's Gonzaga funded scholarships and grants will be renewed if they meet the Gonzaga Guarantee qualifications; however, if you would like your student to be considered for Federal and State Aid, please submit the FAFSA by our priority deadline of February 1.



November

- Midterm grades available
- Campus illness on the rise (colds, flu, etc)

Encourage students who have questions about their grades to talk to their professors in person during the professor's office hours. Gonzaga faculty is eager to talk with students who are interested in their own academic success. Your student can also seek support from the Center for Student Academic Success (CSAS).

Winter months bring cold and flu season, especially in the residence halls. This, coupled with the increased stress of the end of the semester, can quickly lead to illness. Encourage your student to make healthy decisions such as getting enough sleep and eating a balanced diet. Health & Counseling Services is available to help any student who might be suffering from winter ailments.

December

- Anxiety over finals and first semester grades

When stress and anxiety over finals are high, students may become distressed and emotional. Healthy decision making will go a long way in students feeling mentally and physically prepared for finals.

For some students, grades will be another mark of their success in transitioning to college. For others, grades may be frustrating and disheartening. Remind your student that the first year is a time of growth, learning, and discovery.



January

- Some back to school relief
- Time to sign up for housing for the next academic year

Do not be offended when your student is excited to leave home and return to college! Remember when you had your first independent living experience? Your student still loves you but appreciates the opportunity to practice being an adult.

Students will receive word via email late in January that it is time to go online and apply for housing for the next academic year. This is only the first step in acquiring on-campus housing for the following year. However, the completion of an application online is critical to being invited to “select” a spot in the coming months. Remember that students are required to live on campus for two full years, if

under 21 years old, and therefore are guaranteed on-campus housing. Allow your student to navigate this process through the office of Housing and Residence Life with your support.

February

- February 1 priority funding deadline for FAFSA filing
- Feelings of winter blues, depression
- Consider a change of majors

The skies getting dark early in the evening can often make everyone a little blue. Encourage your student to participate in activities around campus and in the local community. If the winter blues seem to be persisting, encourage your student to reach out to campus resources such as Case Management in the Center for Cura Personalis (CCP) or Health & Counseling Services.

Gonzaga strongly believes that the core classes all students are required to take expose students to many different academic areas. For some students, this may result in a change of major. Encourage your student to speak with their academic advisor and faculty regarding changing majors and exploring what type of careers a new prospective major might offer, as well as visit Career & Professional Development (CPD).

March

- Spring fever
- Spring housing sign-up

The media sends students many messages of wild and crazy spring breaks in exotic locations. While some students may see this as their perfect vacation, others may want something more meaningful, such as an extended service opportunity. Others just need to come home and rest. Regardless of what your student decides to do during break, encourage safe decisions.

Housing and Residence Life will host the spring housing sign-ups for returning lower division students during the month of March. This process will be in stages related to distinct types of communities and will be conducted online. Your student will receive detailed instructions and information pertaining to this process.

We will use email to notify all residents of the details for preparing to pack up and depart for the summer. We will also remind students that Gonzaga University does not offer storage for personal items over the summer, but there are many local storage units available nearby.



Month-by-Month

April

- Anxiety over second semester grades

When stress and anxiety over finals are high, students may become distressed and emotional. Healthy decision making will go a long way in students feeling mentally and physically prepared for finals.

For some students, grades will be another mark of their success in transitioning to college. For others, grades may be frustrating and disheartening. Remind your student that the first year is a time of growth, learning, and discovery.

May

- Sadness at leaving friends for summer
- Concerns about moving back home

Students are often sad to leave friends they have made, even if only for a few months. In some cases, friends may not be returning to Gonzaga or may not be living with the same people they did freshman year. These emotions are normal. Encourage your student to keep in touch with friends. Consider inviting some of their friends to come stay with your family at some point during the summer.



SPO KANE



Dear Parents & Families,

Welcome to Spokane: a naturally urban city.

Venturing off to college invites young people to explore, experience, and discover in the company of new friends. We invite you to take the opportunity to do the same while you're here.

Greater Spokane has always been an ambitious community, taking pride in embracing its history and fostering future growth. Our vivid civic imagination and celebrated hospitality have led our community to host some truly incredible events. Look around and you'll see the results from all the hotels, spirited arts, wine rooms, and craft breweries – all nestled around a spacious urban park on a roaring river gorge.

Spokane remains a study in metropolitan civility, a gathering place where accessibility, peace, history, and hospitality conspire to make an original city experience both manageable and delightful.

With all we've created, we invite you to realize the full potential of every sunny day in the capital of the Intermountain Northwest.

Sincerely,

Rose Noble
President & CEO, Visit Spokane

VisitSpokane.com

Spokane Fun Facts

SPOKANE

- Our name comes from the Native American Tribe that makes its home in this area, and means “Children of the Sun.”
- The city’s nickname is the Lilac City; each year the 10-day Lilac Festival celebrates the coming of spring.
- The first Father’s Day celebration took place in Spokane on June 19th, 1910, and was conceived by local resident Sonora Smart Dodd.



LOCATION

- Located in Eastern Washington, 18 miles from the Idaho border, 280 miles from Seattle, and 110 miles south of Canada.
- The Spokane River runs through our down-town. The Spokane Falls, on the western end of our city core, is one of the largest urban waterfalls in the United States.

POPULATION

- The city of Spokane is home to about 230,000 residents.
- There are around 600,000 residents in the metropolitan area.
- The Spokane region features the second-largest population base in the state of Washington and is the largest city between Minneapolis and Seattle.

RIVERFRONT PARK

- The heart of our beautiful city.
- Home to the 100+ year-old hand-carved Looft Carousel. Comprised of 54 hand-carved horses, a giraffe, a goat, and the infamous “sneaky tiger.” The carousel was named one of the Best Carousels in America by Travel + Leisure Magazine.
- Converted from a rail yard to a park for the first environmentally-themed World’s Fair Expo in 1974.

OUTDOOR GATEWAY

- The region enjoys four distinct seasons with 260 days of sunshine each year.
- 76 lakes, 33 golf courses, five ski resorts, the spectacular Columbia River Gorge, Hells Canyon, and Grand Coulee Dam all within an easy drive of the city.
- The Spokane River Centennial Trail links Spokane, WA to Coeur d’Alene, ID. The trail is 67 miles long, up to 12 feet wide, and paved for use by runners, walkers, and cyclists.
- Home of Hoopfest, the largest 3-on-3 basketball tournament in the world with 27,865 players aged 7 to 87 from 42 states playing on 456 courts covering 42 city blocks downtown.
- Home of the Bloomsday Run, a 12K road race that originates downtown and has taken place the first Sunday in May for nearly 4 decades. It has had over 40,000 participants.
- Described by Golf Digest as a “golf mecca” unrivaled “for quality, price, concentration and true, unadulterated public golf,” with 19 public courses within a 45-minute drive.



Dear Gonzaga Families,

Here at Gonzaga, we are excited to be officially welcoming our new Zags to the University. For family members as well as new students, this transition can be an exciting, albeit somewhat stressful time. We want this transition to go as well as possible, and we dedicate ourselves to promoting and supporting students at each step along the way. It is our goal to help our students develop into the best version of themselves.

Cura personalis (care for the whole person) is a value embraced in Jesuit education as an important aspect of Ignatian practice. As your students are becoming full and contributing members of the larger Gonzaga community, you can play an influential role in helping them develop the skills they need to achieve their goals at Gonzaga and beyond, while also being mindful of their overall wellbeing. At Gonzaga, we promote the development of the whole person – mind, body, heart, and spirit.

This Parent & Family Essentials publication outlines many important issues that can impact your student's experience at Gonzaga. Please consider using this resource as a guide for initiating conversations with your student before they begin their transition to campus this fall. Among the subjects covered in this guide is the issue of alcohol and other substances and the potential negative effects that poor decisions can have on a student's academic and interpersonal success. Included in this guide is information about the measures Gonzaga takes to educate and support each student, and to prevent illegal and high-risk substance use. Parents can have a significant influence on the decisions that a student makes, and now is the perfect time for you to clearly communicate your expectations, hopes, and desires for your student's educational experience at GU.

Your support and the attention you give to the issues in this Parent & Family Essentials publication may be essential to the success of your student. Thank you for reviewing the material, and let's work together to keep our students safe and well.

Much gratitude to you, Go Zags!

Kent Porterfield, Ed.D.

Vice Provost for Student Affairs



Alcohol & Other Drugs

Educating Students About AOD Use and their Well-Being

Gonzaga actively educates students about alcohol and other drugs (AOD). The Office of Health Promotion (OHP) offers a variety of workshops and presentations throughout the academic year for various student groups and organizations, in addition to providing consultations for students and staff. The Center for Cura Personalis offers 1-on-1 meetings with students who may be struggling with their own substance use to provide them with support and resources.

E-CHECKUP TO GO - This online program helps motivate students to reduce their consumption using personalized information about their own drinking and risk factors. It is designed and updated based on the most current and reliable research available.

ALCOHOL SKILLS TRAINING PROGRAM - This small group class reviews alcohol education concepts, provides information about peer alcohol use and norms on Gonzaga's campus, and promotes risk reduction strategies.

IMPACT - Impact is another one-on-one opportunity for students to engage in a conversation with a facilitator about the role that drug use is playing in their life. Students will discuss and reflect on current, as well as future, impacts on themselves, the community, and their future goals.

BASICS - Brief Alcohol Screening and Intervention for College Students is an opportunity for students to meet one-on-one with a facilitator to examine their alcohol use. Students engage in a self-reflective process whereby they will independently choose whether to make changes to their drinking.

Washington State Cannabis Law

While the passage of Initiative 502 legalized cannabis use and possession, within specific limits, for persons over the age of 21, Gonzaga upholds and expects its students to abide by federal laws that prohibit the use, distribu

Do more students use cannabis because it's available for purchase from state-licensed retailers? Despite what you might think, we have not seen any significant increases in student cannabis use with the passage of legislation in Washington. In fact, less than one third of undergraduate students report any use of cannabis within the past 30 days. However, students believe that nearly 90% of their

peers have used marijuana. You can help correct this misperception by reminding your student that the majority of the campus community does not engage in this behavior.

What else should I know about cannabis? The potency, or strength, of cannabis has increased dramatically. Now that cannabis production and sales are being monitored and regulated by the state, levels of THC, the psychoactive ingredient in marijuana, have been observed higher than ever before. Cannabis also comes in several forms. It may be smoked, vaporized, applied to the skin, or consumed in food or beverages. Edibles are slow-acting; reactions can take from 30 minutes to 2 hours to take effect and may last longer than expected.

Alcohol & Other Drugs

Gonzaga Policy on Alcohol and Other Drugs

The Student Code of Conduct, gonzaga.edu/studentcodeofconduct, contains the university's standards of conduct and the accountability processes that address allegations of misconduct. Our expectations for conduct go beyond the basic standards of society as we actively seek to create an environment conducive to living and learning together. To support this purpose, the University has developed a response to the improper use of alcohol and drugs.

- The use of alcoholic beverages must be consistent with University policies and application laws, Specifically:
- Persons must be 21 years of age to acquire, possess, or consume any alcoholic beverages.
- It is a violation to misrepresent age and to use false or forged documents to obtain alcoholic beverages.
- It is a violation to consume alcoholic beverages when consumption leads to dangerous or disruptive behavior, over-intoxication, or public drunkenness.
- The possession, consumption, use, display, sale, or distribution of alcohol, including alcohol paraphernalia and empty alcohol containers, is prohibited in all residential facilities, including interior and exterior common areas and grounds, balconies, patios, lounges, lobbies, and stairways except:
 - Responsible and moderate use is permitted in a room/suite/apartment when 1) all assigned residents of the room/suite/apartment are at least 21 years of age, and 2) the room/suite/apartment is in a building/area designated for of-age students by Housing and Residence Life.

The illegal use of drugs on or off campus by Gonzaga University students is prohibited, This includes the unlawful manufacture, possession, control, sale, transfer, or use of any dangerous drug, controlled substance, experimental drug, mind-altering substance, drug paraphernalia, or misuse or other improper use of prescription drugs.

Gonzaga University expects its students to abide by federal laws that prohibit use, distribution, or consumption of cannabis by anyone, of any age.

Search for Student Code of Conduct on Gonzaga's website for information about the University's minimum response following improper use of alcohol and other drugs.

Gonzaga University generally notifies families of any student under the age of 21 at the first known violation of the University's Drug Policy and at the second known violation of the University's Alcohol Policy. The University may provide notifications for a first known violation of the Alcohol Policy if the University believes there are factors that necessitate such notification.

Health & Wellbeing

Prescription Drugs On Campus

Many students enrolling at Gonzaga require prescription medications in order to maintain their health. As your student transitions to GU, it is important to discuss how medication management may change.

How will your student maintain their medications?

Taking medications as prescribed is incredibly important. Now that your student will be independent, we recommend that you and your student work together to develop a plan for how they will continue to get those medications prescribed. Perhaps they will see a provider when they come home for breaks. Maybe it's better for your student's specific situation to transfer that medication management to a physician or psychiatric nurse practitioner at Health & Counseling Services or another provider in Spokane. Review how to get those prescriptions filled at the pharmacy and make sure your student has a physical copy of their prescription drug and health insurance card—we suggest taking a photo with their phone as a back-up.

How should medications be stored on campus?

We don't have specific requirements for keeping medications on campus, but we strongly recommend that the student always keep the medications in their original bottles with their name clearly on the bottle. We also recommend that the student secure these medications with other valuable items they may have. While theft of a prescription medication is very rare at Gonzaga, we do know that certain medications (such as stimulants and opioids or pain medications) are more popular for misuse and it's important that your student keep those secured.

How will your student stay safe while using prescription drugs?

As your student explores their freedom as a new college student, they may decide to explore alcohol or other substances. They may stop taking the medication regularly or consider sharing a medication with a friend. They may also decide to try a prescription drug that was prescribed to a friend. These decisions can have significant impacts on your student's health. The outcome of such behaviors can be unpredictable, dangerous, or even fatal. We encourage you to talk frankly about prescription drugs and how to stay safe and healthy when taking medications that have been prescribed to them. This is especially important if your student is accepting medications from an unknown source. According to the CDC, accidental overdose deaths have increased significantly with dangerous drugs like fentanyl and tramadol sometimes incorporated into medications without the buyer knowing. Gonzaga University expects students to perform with excellence and the Resolution Center for Student Conduct and Conflict urges students to respect the dignity of all members in the community, respond with honesty and integrity, and accept responsibility for their actions, while recognizing that we must balance the needs of an individual student with those of the larger Gonzaga University community.

Health & Wellbeing

Staying Healthy

Eating healthy foods, exercising, and getting sleep are vital to our well-being.

Undergraduates who regularly practice healthy habits-such as eating fruits and vegetables, getting enough restful sleep, and getting recommended levels of exercise-report having significantly fewer, if any, mental health issues, especially depression, anxiety and panic attacks.

Undergraduates who regularly exercise and get enough restful sleep are significantly more likely to report no difficulties handling issues with academics, relationships, and family problems.

While each of us inherently knows these healthy behaviors are good for us, they can be the first thing to go when we are struggling or stressed. The same will be true for your student. Talk with your student about exploring the many opportunities to stay physically and emotionally healthy.

Rudolf Fitness Center

The campus fitness center is open to all students, and includes facilities with weights, cardio machines, swimming pool, indoor running track, racquetball and basketball courts, and hosts numerous fitness classes such as yoga, Pilates, X-Biking, kickboxing, and more. For more information, visit gonzaga.edu/RFC

Intramural Sports

Gonzaga's intramural sports program includes over 30 sports and activities. In fact, Gonzaga is #2 in the nation in intramural participation, with almost 60% of students participating! To learn more about upcoming events, visit gonzaga.edu/intramurals.



Health & Wellbeing

Mental Well-Being & Healthy Relationships stress, depression, & anxiety

Stress, Depression, & Anxiety

The majority of students at Gonzaga University report that their health is good, very good, or excellent. Even in good health, we know that some stress is a normal part of the college experience. It comes with being on your own for likely the first time, diligent effort toward academics, and managing multiple commitments. It's when students are stressed all the time, experiencing constant anxiety, or feeling like their overall moods and functioning have completely changed that the situation becomes worrisome.

We recommend talking with your student about these concerns. Remind them that they are not the only student who is struggling, or consider sharing a time that you experienced stress or failed at something and how you worked to overcome that challenge. Refer them to University resources. Keep in mind that anxiety and depression can have genetic components, so if anyone in your family has experienced either, this is a good time to talk about it with your student as well. It's also important to talk about how alcohol or drug use may influence and even exacerbate the types of symptoms they are experiencing.

If your student seems to be struggling, encourage them to make an appointment with Health & Counseling Services, by calling 509.313.4052 or the Center for Cura Personalis at 509.313.2227. For those who have already encountered or been diagnosed with anxiety or depression, it is important that they continue to receive care. The Center for Cura Personalis can also assist in navigating your student to the best on and off campus resource based on their needs. You can learn more at www.gonzaga.edu/ccp.

Healthy Relationships

Students will engage in many types of relationships during their time at GU- friendships, intimate, and/or professional. Regardless of the type, students are encouraged to engage in healthy relationships that foster a mature commitment to the dignity of both persons and are founded upon mutual respect, aligning with the Gonzaga Mission Statement. Healthy interpersonal relationships, especially intimate ones, are emotionally supportive relationships that align with individual values, promote identity development, refine and enhance interpersonal skills, and honor the setting of personal boundaries. We encourage you to talk with your student about how their relationships are healthy, honoring of others, and founded on respect. It's never too late to talk with your students about what they want from friendships, romantic relationships, and other relationships.

Suicide Prevention

Members of a student's closest support system, including family and friends, are vital in preventing suicide. Learn the warning signs (nimh.nih.gov/health/publications/warning-signs-of-suicide) and encourage students who may be struggling to reach out. Contact Gonzaga immediately if a student is showing signs or talking about suicide. In an emergency, call Campus Security at 509.313.2222 or 911. For non-emergency situations, call the Center for Cura Personalis at 509.313.2227 or Health and Counseling at 509.313.4052.

Recovery & Coping

OUR House Collegiate Recovery Community

We know that a college campus can often be a challenging place for a student in recovery from a substance use disorder. Students in recovery are committed to their sobriety, but they may be living or interacting with peers who are more interested in partying. To better serve our students in recovery, Gonzaga has a collegiate recovery program (CRP) called OUR House, which stands for Our Unique Recovery.

The mission is to foster a collective community and sense of purpose that helps students lead meaningful lives as they work to stop or reduce their use of substances and other potentially harmful behaviors. This mission is supported by programmatic efforts, alternatives to alcohol and drug use, strategies and resources for maintaining wellness and a community of belonging, promoting recovery, holistic well-being, and academic success. OUR House seeks to ensure students do not have to choose between their recovery and their education. Through involvement in OUR House, Zags are empowered to take individual responsibility for their well-being while belonging to a community of support.

At OUR House, students in recovery, or in hope of recovery, from any background, are supported on their journeys and uplifted as valuable members of our community. We are proud to offer this resource on campus and encourage you to contact the Office of Health Promotion at 509.313.5923, or ohp@gonzaga.edu if your student is in recovery, or may be struggling with their alcohol or drug use.

A Safe Recovery Space

OUR House provides the physical space for a safe, recovery-positive environment where students can get support from other students who have similar lived experiences. Resources include:

- 24/7 house access
- Weekly recovery support group meetings
- Social events and activities
- Professional development opportunities
- Mentorship
- Referrals

Learn more at gonzaga.edu/crc





Substance Free Activities

There are an infinite number of ways for your student to get involved, on or off campus, that do not involve substances. Wondering what Zags do for fun?

Check out events at gonzaga.edu/zagactivities

SpikeNites - SpikeNites are activities and programs for Gonzaga students Friday and Saturday Nights from 8 - 11 PM. The mission of SpikeNites is to create an environment that is free, inclusive, and a safe space for the student population. Typically events are on campus, however we do travel to outside locations. These events range from bingo, to bubble soccer, movie night, silent disco, ice skating, and so much more.

Gonzaga Outdoors Weekend Events - Ski trips, camping trips, Friday night rock climbing, rafting, hiking, and more! All levels welcome! Register at gonzaga.edu/outdoors

Retreats and Club Events - Mission and Ministry or the Payne Center for Leadership Development often have retreats. Clubs host events every weekend or join in on one of our amazing cultural nights! Many student organizations host events throughout the year. Encourage your student to get involved with one of the over 140 clubs and organizations at GU. Visit gonzaga.edu/getinvolved to learn more.

Club Sports, Athletics and Intramurals - Try out for a club sport, join an intramural team, or relax and cheer on the Zags!

Center for Community Engagement (CCE) - CCE provides students with meaningful opportunities to become involved in the local community through referrals to local nonprofit organizations and agencies, student-run volunteer programs, alternative break immersions, educational events, service-learning courses, and other means of public service and action. Find your passion at gonzaga.edu/cce.

Pause, Reflect, & Guide

Has your zag contacted you about a problem? Remember to pause, reflect, and guide. Together we can promote independence through student problem-solving.

Pause

...and take a breath when your student contacts you with a problem, is it really something they cannot solve on their own? If you fix it for them, does that help your Zag develop independence?

Reflect

...before immediately beginning to fix things. Instead, push back with questions. What might you do? What options are you considering? What campus offices might have resources?

Guide

...your student to do the problem-solving on their own. The long term benefits of building problem-solving skills and independence will last your Zag a lifetime.

Help Your Zag Pause, Reflect, & Decide

You empower your Zag by listening

WHEN I DON'T KNOW WHAT TO DO, ASK ME...

What is the challenge?

What are possible solutions?

What would be the effects of each solution?

Which of those effects is more desirable from a practical, personal, ethical, or legal point of view?

How will you know when one choice is better than another?
What informs that decision?

WHEN A DECISION I MADE HAS CONSEQUENCES, ASK ME...

What happened?

What were you thinking of at the time?

What have you thought about since?

Who has been affected by what you have done?

In what way have they been affected?

What do you think you need to do to make things right? How are you going to make it right?

WHEN A DECISION I MADE DOESN'T FEEL RIGHT, ASK ME...

Are you speaking the truth?

How are your actions in alignment with your values?

Is your "critical voice" barking orders at you?

How is the answer to "who are you?" what you do?

Do you wish you were doing something different from what you are doing now? What is that?

Productive Conversations Guide

Before you begin

- Assess and review your own feelings about alcohol and other drug use. Avoid contradictions between your words and actions.
- Give yourself permission to disapprove of drinking and drug use. Dismiss any fear that your disapproval is naive.
- Recognize the power of your influence.
- Prepare to establish an ongoing conversation, rather than giving a one-time speech.

Starting the conversation

- Create a time and space for face-to-face discussion.
- Find “teachable moments” from television, books, or newspapers that deal with substance use in college.
- Make sure your student is sober. If not, find another time when you talk.

When you talk

- Focus on one message throughout the conversation. Avoid turning your attention to other to-do items.
- Speak calmly and openly. You do not need to exaggerate; the facts will speak for themselves.

- Listen actively and try to understand your student’s point of view. Ask open-ended questions that prompt your student to give more information, rather than a simple “yes” or “no”.
- Allow your student to express their fears or concerns without interrupting or lecturing.
- Do not minimize your students’ concerns, the fear of rejection and isolation from peers is something many of our students worry about and can lead to students compromising their values to “fit in”.
- Use anecdotes or brainstorm situations that your student might encounter. Discuss ways they could handle these, focusing on what would work best and why.

Talking points

- Be clear that you expect your student to avoid drinking and drug use during college.
- Encourage your student to get involved on campus. Plenty of opportunities exist for socializing without using substances.
- Remind your student to take charge of their well-being. This means prioritizing things like sleep, nutrition, and physical activity. We find that students who have good self-care practices do better overall.

- Continue to talk with your student about this topic after they arrive on campus. The first six weeks are a critical period for first-year students, and we encourage you to stay connected during this time. Use different communication methods (phone calls, emails, texts, video calls) and share information so your student still feels connected to your family.
- Thoughtfully explore how your student is doing. Rather than making assumptions about their behaviors, ask about the things they’re seeing and how they are handling situations.



Making Healthy Choices

As students prepare for college at Gonzaga University, they are most likely excited about this important time in their lives (and may also have some feelings of uncertainty about what lies ahead). Students face some challenges and transitions that are often associated with the first year of college. One of the challenges that all students will encounter, at some point during their time in college, is the decision to participate in or associate with high-risk behaviors related to alcohol or other drugs. We know that, since their brains are still developing and primed for taking risks, this can be tricky.

What are high-risk behaviors?

Some examples are:

- Drinking alcohol or using cannabis under the age of 21
- Chugging alcohol, taking shots, or participating in drinking games
- Drinking something without knowing its contents
- Drinking with the intent of getting drunk
- Driving, biking, scootering, etc. after drinking or riding in a vehicle with someone who is under the influence of alcohol or other drugs
- Mixing alcohol with medications, energy drinks, or other illegal drugs
- Misusing prescription drugs

It is important to talk with your student about making healthy choices and set clear expectations about avoiding high-risk behaviors.



Making Healthy Choices

How can families encourage low-risk behaviors and healthy choices?

Remind your student:

- It is illegal to consume alcohol or use cannabis if they are under 21
- Numerous consequences, both academic and legal, can result from choosing to drink alcohol or use other drugs
- Serious harm to self and others can result from excessive drinking

Encourage your student to:

- Identify ways to cope with inevitable stressors
- Participate in fun, community building activities that do not involve alcohol
- Make realistic and safe plans whenever they leave campus
- Intervene if they see another student in need of assistance, Zags Help Zags
- Share their goals and expectations for their college experience
- Check in about how their living situation is working for them

Promote Healthy Behaviors:

- Lead by example, have weekly check-ins sharing the healthy things you've engaged in and asking about what your student has been involved in
- Follow GU activity and department social media accounts, share something with your student if you think they'd be interested in it
- Remind your student that the habits they form in college (sleeping, eating, work/life balance, relationships) will lay the foundation for their heavily habits across their lifespan
- Remember that some amount of loneliness, sadness, frustration, and fear are normal during big life transitions. Drugs and alcohol don't make these feelings go away; they just mask them.
- Transition can be scary, but it can also be exciting and the beginning of something great!
- With the support of you, friends, family, faculty and Gonzaga resources your student will be able to find healthy ways to manage all the ups and downs that come along with college life!





New Student & Family Programs
502 E Boone Avenue
Spokane, WA, 99258-0104

