

# THE STALL SEAT JOURNAL

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Vol. MMVIII No. 3

Summer 2008

75 cents

**W**elcome to your first edition of a long-time VCU tradition — the *Stall Seat Journal*! Students and staff at **THE WELL** (aka Wellness Resource Center) publish these quick-read papers to share newsy facts and creative strategies to help you be healthy, happy and successful in college.

## Come to THE WELL

**H**ere you will find us and information on any and all of these topics:

### Alcohol and other drugs:

Kristen Kidd Donovan,  
828-2086

### Nutrition, disordered eating, body image:

Katie Vatalaro Hill, 827-0231

### Sexual assault, relationship violence, stalking:

Tammy McKeown, 828-2085

### Sexual health:

Linda Hancock, 828-7815

### Stress management:

Katie Vatalaro Hill, 827-0231

### Tobacco cessation:

Linda Hancock, 828-7815

### Volunteer opportunities, public health careers, peer health education groups, student internships:

Amanda Wattenmaker,  
828-6919

Our new home this fall is at 815 S. Cathedral Place — near the intersection of Cherry and Floyd and the Commons.

Stay tuned for our Grand Opening celebrations or give us a ring at 804-VCU-WELL.

## 10 ways smart students stay healthy

**1. Balance** — a mix of academics, social time, and time to take care of yourself — will make you a well-rounded VCU student!

**2. Sleep** is not optional 'cause students get sick when they miss their zzzzs. (FYI, if your roommate snores, we have ear plugs at The Well.)

**3. Stay connected** with family and old friends while also meeting new friends (that is what those free cell minutes and Facebook are for, right?)

**4. Avoid cramming and all-nighters** so you can achieve the results you want. (Did you know that VCU has its very own Campus Learning Center and Writing Center in Hibbs Hall to help with your studies?)

**5. Eat healthy foods** — a balanced mix — in the dining facilities. (SO many options!)

**6. Work out** and move around on a regular basis. (VCU has great FREE gyms and tons of fun classes like yoga, African dance and salsa dancing.)

**7. Reach out** to others and develop solid friendships. VCU has more than 300 student organizations. Check out the



It's All About Balance!

SOVO Fair (Student Organization and Volunteer Opportunities) during Welcome Week.

**8. Give your time to good causes.** (Meet people who want to make a difference at the Commons in Volunteer Services or sign up to take a “service-learning” class.)

**9. Renew your spirit** in ways that feel right, whether it's out in nature, in a place of worship or elsewhere. (Campus Ministries has a list of fellowship options for all religious preferences.)

**10. Make your well-being a top priority!**

## Think college is like a scene from 'Animal House'?

**U**mmm, yeah, well...not so much.

VCU students actually are healthier than you think! Why? Because college students have *lives*.

VCU students make smart choices because they care about their friends, their classes, and their future.

Don't believe us? Stay tuned for future *Stall Seat Journals*, and you'll see it's true! Year after year, our survey research shows stats like these:

- 94% of VCU students have not had alcohol affect their academics in the past year. (VCU students care about their academics and careers).
- 72% of VCU students either choose not to drink alcohol, or if they do, drink on 5 or fewer days per month. (There are too many other interesting things to do.)
- 79% of VCU students did not smoke even one cigarette in the past month. (It just seems like there are more smokers because they all smoke right outside building entrances.)
- 74% of VCU students either don't have credit cards or owe less than \$500. (Debt is way too stressful.)
- 74% went to the dentist this year. (Notice all the pretty smiles on campus?)

Data from a random sample of VCU students (n=1,524) National College Health Assessment, Spring 2008.\*

## Finding your place at VCU: Small steps bring big rewards

**L**ast year's students tell us they are less stressed and more effective when they feel connected. Here are strategies they suggest:

**Reach out:** Find others who also are navigating their new home away from home.

**Stick your neck out:** Start conversations with those you'd like to meet. One 'hello' means a lot.

**Find common ground:** Student organizations will

help you meet others with similar interests.

**Seek connections:** Talk to others in line at the bookstore and photo ID office. Fascinating people are all around you!

**Don't stress to impress:** You'll find the people with whom you “click” best with when you are yourself. This will help you find good supporters, positive influences, and genuine friends.

*We hope your campus mailbox is overflowing with fun surprises*

## But there's one letter you don't want your parental units to find in theirs

**U**nderage alcohol violations at VCU result in the following *minimum* consequences:

- a mandatory meeting with a Judicial Affairs Officer,
- a mandatory meeting with the Dean of Students,
- the dreaded “parental

notification letter” mailed to your home, and

- a two-hour alcohol education class.

**Class registration for the next semester is blocked until all requirements are complete.**

Depending on the severity

of the incident, VCU judicial sanctions can be more severe.

That's if the violation stays at the VCU level. It can get worse.

VCU campus police have the power to arrest and bring Richmond City legal charges, in addition to VCU judicial

sanctions. When the Fickle Finger of Fate strikes and a student also gets a Richmond City charge, he/she has to go before a city judge, who can require violators to pee in a cup in front of total strangers, undertake long hours of community service, and so forth.

\* For strategies, history, research:  
[www.YourStrategy.org](http://www.YourStrategy.org)



## Wellness Resource Center

Division of Student Affairs and Enrollment Services  
804-828-WELL • [www.students.vcu.edu/health](http://www.students.vcu.edu/health)