

May 14,
2025

Strategies for a Safe Start: Empowering New Students in the First Six Weeks

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Student Life
DIVISION OF STUDENT AFFAIRS

Supporting [YOU]

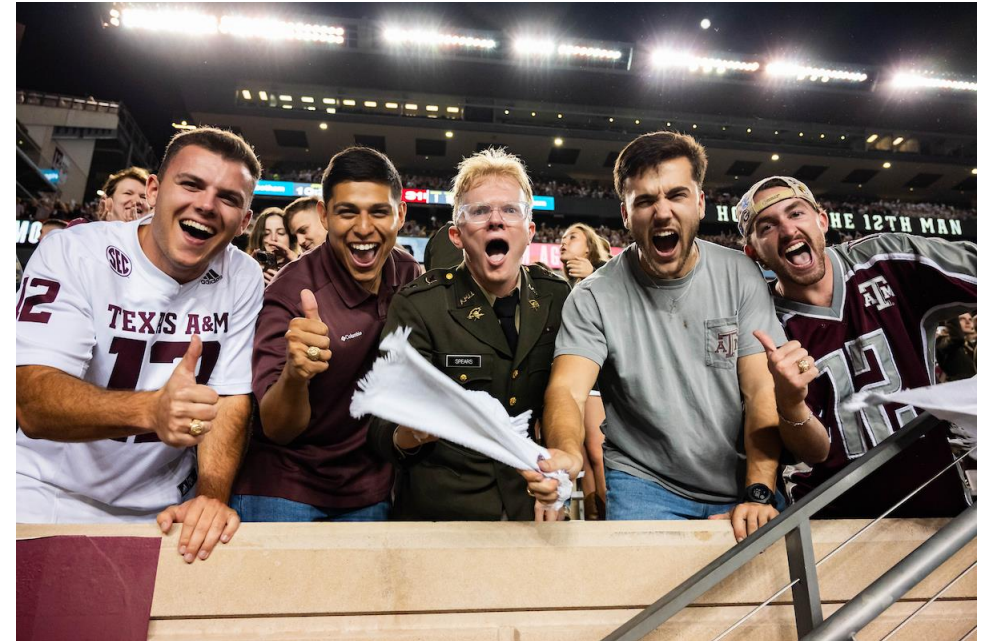
Learning Outcomes

As a result of this session, attendees will be able to:

1. Explain why the first six weeks is a crucial time for students
2. Detect health and safety warning signs in students
3. Respond appropriately to student needs and concerns

Agenda

- Schlossberg's Transition Theory
- Challenges During this Time
- Alcohol and Other Drug Risks
- Violence Risks
- First 6 Weeks Challenge
- Resources



Schlossberg's Transition Theory: 4S System



Situation

Individual's life context at the time of transition



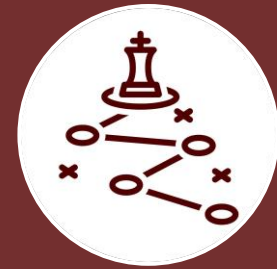
Self

Individual's sense of optimism and inner strength



Supports

External supports, such as family and colleagues



Strategies

Coping strategies to move through transition

RESOURCES TO SUPPORT TRANSITION

Challenges During this Time



Challenges During this Time

- Social adjustment
- Academic pressure
- Time management
- Homesickness/loneliness
- Health & well-being



Alcohol and Other Drug Risks

- Texas Survey of Substance Abuse Among College Students, 2021:
 - 62% of underage students reported ever using alcohol
 - 37.7% of college students reported ever using marijuana
- National Survey on Drug Use & Health, 2023:
 - 14% of full-time college students ages 18 to 22 meet the criteria for past-year alcohol use disorder

Alcohol and Other Drug Risks

- Why are students making unsafe choices regarding substances?
 - Pressure to fit in and make friends
 - Coping with stress of the new environment and expectations
 - Easy to access/fewer barriers
 - Without experience with alcohol, it's easy to drink too much and too quickly
 - Misconception that everyone drinks, they drink frequently, and they drink heavily

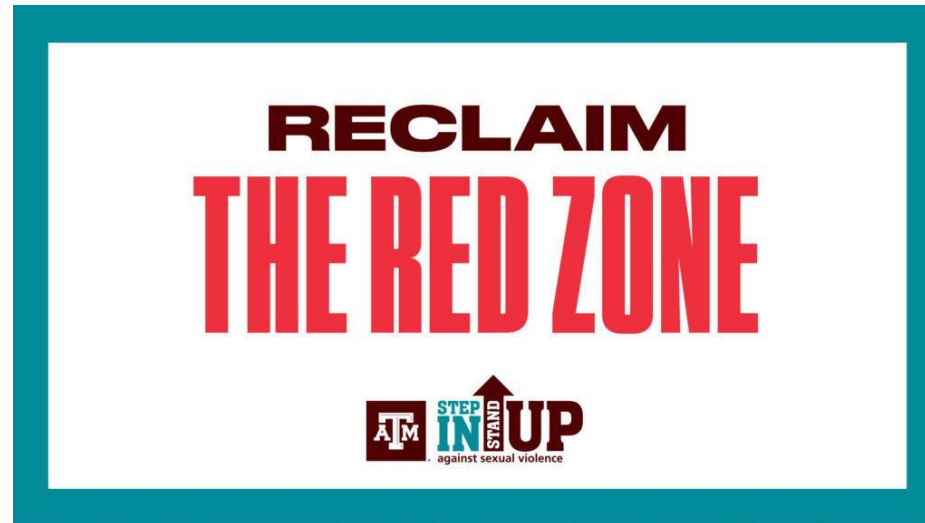
Violence Risks

True or False?

More than 50% of college sexual assaults occur in either August, September, October, or November.

Violence Risks

- Red Zone
 - Beginning of the Fall semester to Thanksgiving break when sexual assaults spike on U.S. college campuses



Violence Risks

True or False?

Civil Rights and Title IX is the only office on campus who can educate about the Red Zone.

Strategies to Buffer Risks & Support Students

- Identify concerning behavior:
 - Tardiness or excessive absences
 - Repetitive excuses
 - Recurrence of addressed concerns
 - Classroom disruptions
 - Disclosure of sexual assault, harassment, dating violence, or stalking
 - Sudden or extreme changes in behavior
- Cultivate a caring classroom

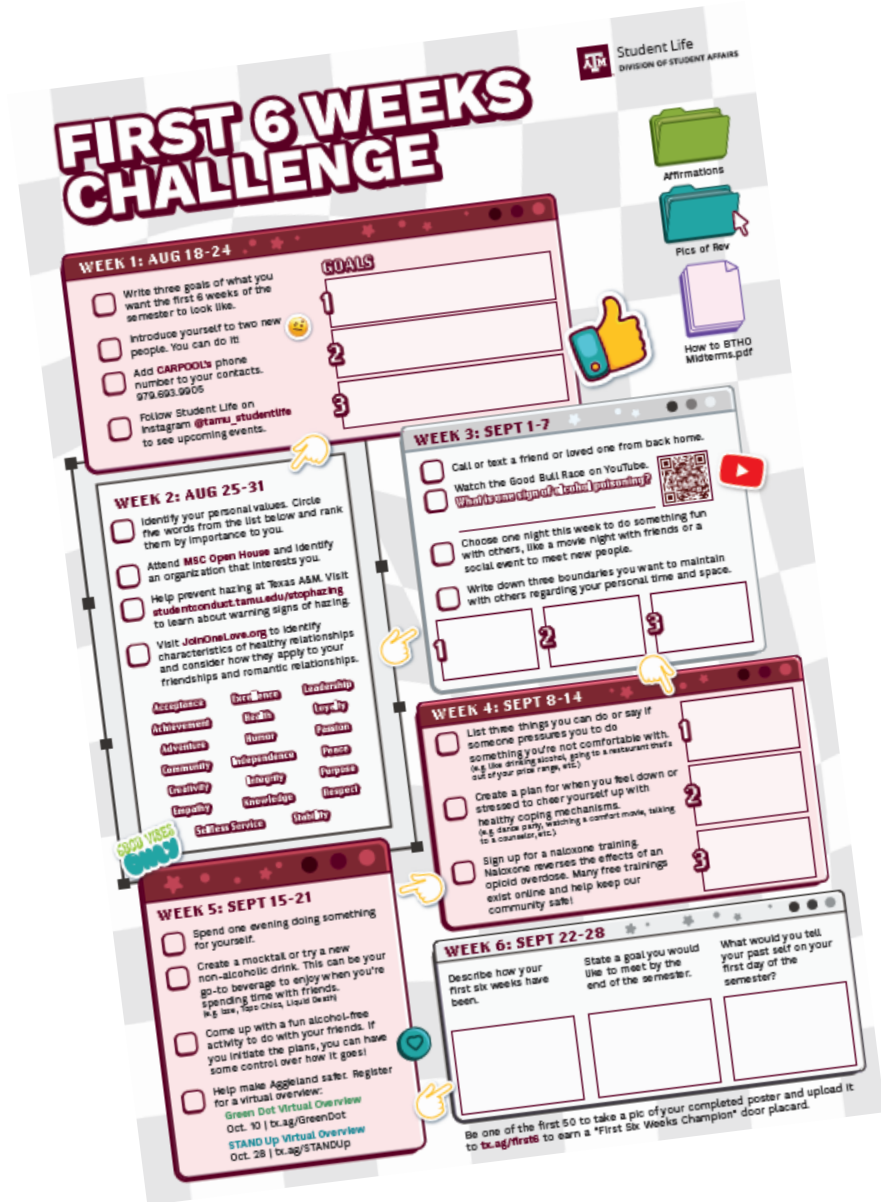


The First 6 Weeks Challenge

- Benefits of the challenge:
 - Build connections
 - Gain confidence
 - Develop healthy habits
- Request materials for your students:



tx.ag/first6



Megan

Resources for Students

- **Repository of community resources**
 - tx.ag/STANDUpResources
- **Civil Rights and Title IX**
 - titleix.tamu.edu
- **Student Life**
 - Substance Misuse and Violence Prevention
 - Student Assistance Services
 - studentlife.tamu.edu
- **University Health Services**
 - Aggie Recovery Community
 - Medical care
 - Counseling and Mental Health Care
 - uhs.tamu.edu



Resources for Instructors

- **Green Dot Bystander Intervention Training**
 - *tx.ag/GreenDot*
- **STAND Up Trauma-Informed Care Training**
 - *tx.ag/STANDUp*
- **HU Healthy Relationships (lesson and resources)**
 - *tx.ag/HUHealthyRelationships*
- **Request Student Life (us) to present to your class**
 - *studentlife.tamu.edu/presentations*

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