the little blue book

a resource guide for women
I wish that I had known how many great opportunities are available early on in the first semester. Some of my favorite things that I am involved in began in only the first three weeks. It can be hard redirecting your energies from important social obligations but setting up community involvement is also an important part of creating a life for yourself in college.

- Frances, 2013

Include: 
- Julia, 2013
- Katharine, 2013
- Emily, 2012
- Cori, 2014
- Abby, 2013
- Erin, 2012
- Tanya, 2014
Get Involved
Ten women-focused, student organizations you can join.

Internships
These internship programs can help you gain real-world experience.

Stress Management
Check out these campus resources to help you stay sane.

Self-Care
What you’ll need to know to stay healthy on campus.

Drugs and Alcohol
If you choose to drink, you’ll need these safety tips, BAC chart and more.

Healthy Relationships
With all you have to think about, it’s easy to forget what a relationship should be based on.

Eating Disorders
Do you know the signs?

Sexual Assault
What to do if a sexual assault happens.

Housing and Res Life
You might need this dictionary for all those HRL acronyms.
Welcome to Tulane! The Little Blue Book was created to provide you with advice and campus resources from current undergraduate women at Tulane. The experiences and suggestions shared relate to life at Tulane including academics, friendships, dating, and wellness to help you succeed as you start out. We have also included resource information on the Newcomb College Institute (NCI), an organization especially for undergraduate women at Tulane, to help you get involved on campus, and information of the services available for you from theWell and Housing and Residence Life, to tell you about all the great ways you can be a part of your new community. We hope this guide will be a great introduction to life on campus for you, and that it can serve as a road map for getting even more involved at Tulane!

NCI’s mission is educating undergraduate women for leadership in the 21st century. We strive to enrich the Tulane University experience through an array of programming that emphasizes academic enrichment, career preparedness and social curiosity. Join us for Fridays at Newcomb, the Feminist Film series or any of our events scheduled throughout the semester. Learn more online at tulane.edu/newcomb.

NCI sponsors ten student organizations that foster a women-focused, friendly environment while helping to develop your leadership abilities and professional skill sets.

Newcomb College Institute Honor Societies

**Alpha Lambda Delta:** A national honor society that recognizes first-year students who attain a 3.5 GPA during their first semester of college and are in the top 20% of their class after the fall semester. The Newcomb chapter is involved with several service projects on and around campus, academic enrichment activities, and also organizes fun off-campus activities for ALD members like attending the New Orleans School of Cooking and Rock ’n Bowl.

**Mortar Board:** A national honor society that recognizes college seniors for excellence in the areas of scholarship, leadership and service. Mortar Board members represent the top scholars and leaders on their campuses. Since its establishment in 1918, nearly a quarter of a million members have been initiated at 226 chartered chapters across the nation.

For more information, check out tulane.edu/newcomb.
**Student Interest Organizations**

**African American Women’s Society (AAWS):** Works to increase awareness of important issues that affect African American women on Tulane’s campus. The organization nurtures development and encourages involvement. The women of AAWS pride themselves on leadership, encourage initiative, promote sisterhood, and provide a home for women of color with similar interests.

**Newcomb Senate:** Serves as the liaison between the past and present female student body of Tulane University. The organization preserves Newcomb College (Tulane’s former women’s college) traditions as they support the current vision of the Newcomb College Institute while seeking to incorporate new traditions that promote strength and growth. Newcomb Senate works to support all women on campus and to illuminate issues that women face within University Student government. All undergraduate women are encouraged to participate in Newcomb Senate by attending Town Hall Meetings and joining committees. Elections for two freshmen representatives are held at the beginning of the fall semester.

**Newcomb Sexuality and Gender Alliance (NSAGA):** Explores feminist discourse, sexuality, and gender studies through tailored activities and student-led activism. Members have the opportunity to meet with special guests and speakers hosted by the Newcomb College Institute, plan exciting programs, such as the production of “the Vagina Monologues” and the Horror Movie night, and develop their leadership skills through the NSAGA student organization.

**The Tulane International Society for Women:** Strives to create friendships and connections among international women students and also with the Tulane community. Members of TISW shall serve as ambassadors of the Tulane community to the incoming international women students, fostering reliable and resourceful connections. It also serves as a forum for the exchange of culturally and intellectually stimulating ideas, discussions, and projects.

**VOX: Voices for Planned Parenthood:** A new student-initiated group started in 2011 created to educate and mobilize students in support of reproductive health and rights. VOX seeks to be a strong pro-choice organization on campus offering students an opportunity for feminist-driven political activism.

**Academic Discipline Student Organizations**

**Women in Business:** A new student organization started in 2011 for women interested in pursuing careers in professional business fields, regardless of academic major. Their meetings and events strive to increase students’ interview and networking skills, while allowing them to develop relationships with distinguished professionals and faculty members.

**Women in Politics:** A new Newcomb student organization geared towards women interested in politics, law, and public policy. Students are welcome from any and all political backgrounds and belief systems.

**Women in Science:** A nationally affiliated organization that works to connect women with faculty and peers interested in the sciences. Throughout the year, the group sponsors events such as faculty speakers, panels, and volunteer activities including Upward Bound, Science Fairs at local schools and Children’s Hospital. Women in Science also organizes the Daspit Women in Science lecture.

For more information, check out tulane.edu/newcomb.
NCI can help you gain real-world experience.
Newcomb College Institute is proud to support dozens of internship programs. Tulane undergraduates have the opportunity to expand upon their academic experience by interning with organizations that offer experience in law and public policy, science and medicine, engineering, women’s issues, environmental issues, business, media, and many more fields. For further information about the kinds of internships and funding available, visit our website at tulane.edu/newcomb.

Leadership Development
The Newcomb College Institute is proud to support and foster the growth of women leaders in the Tulane community. We believe that there is a place for women in leadership roles within the university and beyond. NCI is dedicated to fostering the growth and support of the emerging woman leader. Through an annual leadership retreat, conferences, service opportunities and training for Newcomb student organization members, we provide many opportunities for you to develop as a female leader on campus and in our community.

Fridays at Newcomb
This casual Friday afternoon lecture series provides students a chance to learn more about academic disciplines that differ from their major area of study. Faculty presenters are given an opportunity to share their research in an informal setting. This lecture is paired with lunch from a local restaurant and usually lasts from 1-2:30 p.m.

Newcomb Networking Nights provide undergraduate women an opportunity to interact with local Newcomb Alumnae. At the event, women can learn more about fields they are interested in entering, ask about graduate school processes, and seek advice on their job and internship search process.

Get involved with Newcomb Leaders! Newcomb student groups and the Newcomb Leaders Meetings have given me great opportunities to meet amazing people, hone leadership skills and get involved in the New Orleans community.
- Lauren, 2014

Career Preparation
Newcomb Student Programs creates career preparation programming to help students transition into life after college. Career Luncheons offer undergraduate women a chance to explore career options through the eyes of local women, including Tulane graduates. Local women with differing career paths are invited to share their experiences with students over a business luncheon. This provides an opportunity for students to network and ask questions about entering the workforce.
Newcomb Feminist Film Series

The Newcomb Feminist Film Series is a collaborative project planned by students, faculty and staff intended to provide Tulane and New Orleans community members the opportunity to see female-focused films not traditionally screened in a movie theater. Each film screening features presentations by outside experts, filmmakers, directors, or faculty or holds receptions related to the theme of the movie to add to the viewing experience.

Lecture Series

Newcomb Student Programs brings a number of speakers to campus each year to address a range of topics. Speakers share stories about their careers, professional journeys, personal backgrounds, and respond to student questions. Lecture topics vary, and include annual lectures on women in business, public policy, science, and creative writing fields.

Campus Grants

Every academic year, the Newcomb Foundation awards Campus Life Grants to undergraduate women students for programs or projects that impact campus life or student learning at Tulane. Preference will be given to those requests that address women’s issues and interests. For more information and to apply, please check the weekly Newcomb News email that goes to all undergraduate women or e-mail nsp@tulane.edu with further questions.

Funding for Community Service

The Kierr Fund for Community Service is awarded to an undergraduate woman at Tulane University to initiate or continue a community service project or program. This fund shall be used to promote community service and volunteerism by women. For more information check your e-mail for the weekly Newcomb News that goes to all undergraduate Tulane women, or e-mail nsp@tulane.edu.

Get out and try everything, even if you think you might not like it. There is a lot about Tulane that you may never see if you don’t stumble upon it. So it makes sense that the more stumbling around you do the more likely you’ll be to stumble upon new friends and activities you enjoy.

- Natali, 2014
Stress Management

**Stress is the body’s response to any increased demand.** It does not matter whether the demand is caused by pleasant or unpleasant things. It does not matter whether it results in good or bad things. Breaking up with a girlfriend or boyfriend, fighting with a friend, even the disappointment of doing poorly on an exam, all create stress. So do countless other situations. Inside, your body reacts to stress by preparing to do something (e.g., fight, kick, scream, cry, run away). But in most situations, none of these options are acceptable.

### Physical Symptoms
- Increased heart rate
- Rapid breathing
- Tense muscles
- Increased blood pressure

### Emotional Reactions
- Irritability
- Anger
- Losing one’s temper
- Yelling
- Lack of concentration
- Being jumpy

When left unchecked, stress can lead to a variety of health problems including:
- Insomnia
- Back pain
- High blood pressure
- Heart disease
- A lowering of the body’s immune system. In fact, the American Academy of Family Physicians states that about two-thirds of all visits to the family doctor are for stress-related disorders.

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*Buy a planner and never let it leave your sight! Plan out at LEAST a week in advance to avoid getting overwhelmed with school and other obligations. - Katharine, 2013*

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**Center for Wellness and Health Promotion (theWELL)**
504.314.7400

**Student Health Center**
504.865.5255

**Educational Resources and Counseling (ERC)**
504.865.5113

**Reily Student Recreation Center**
504.865.5242
Self-Care

Eat well, and get regular exercise.
Here you are at college. Maybe this is the first
time you have lived on your own. Are you
wondering what to eat? Worried about gaining
weight? Concerned about looking good and
staying fit? The food and exercise choices you
make will play a major role in helping you not
only stay healthy, but also increase your ability
to do well in classes.

Carbohydrates are not as
easily turned into body fat as are
dietary fats because they “burn”
more efficiently. Of course, any time
you consistently eat more calories
(regardless of the source) than you
burn, your body will store the excess
energy as fat. The guideline is to eat
about 55 to 60% of your calories from
carbohydrates, primarily complex
ones. A good way to visualize this is to
have carbohydrate foods occupy two-
thirds of the food on your plate.

Fats add flavor to foods
and also help you feel full
from a meal. Although
fat is one of the most
criticized nutrients, some
fat in the diet is necessary
because it supplies
essential fatty acids. The
guideline is to eat 30% or
less of your calories from
fats. This is about 60 to 65
grams of fat per day for
the average person.

Protein is found in both
animal and plant sources and
is an essential nutrient for it is
the main structural component
of all tissues in the body. The
guideline is to eat 10 to 15% of
your calories from protein. This
amount is easily supplied from
foods you eat. Excessive intake
of protein (whether from foods
or supplements) may actually
create health problems and does
not lead to greater muscle mass!

Weight Gain is not an inevitable part of college life.
Sometimes, weight gain is even acceptable. Cafeteria meals, fast
food, and regular restaurants all offer a variety of healthy food
choices. Strive for a balance. If you choose a higher calorie food,
such as french fries with a meal, balance it with lower calorie
items – vegetables, salad with low-fat dressing, and fresh fruit.

Snacking is a big part of hectic college life. When you are
out shopping for snacks, stock up on pretzels, fruit, graham
crackers, mini-size cereal boxes, popcorn, meal replacement bars,
etc. If snacking and studying go together, try setting a schedule.
Study for one hour and then grab a snack. This helps keep calories
in control. Measure out a portion size of the snack rather than
eating out of a large box or bag. When it comes to eating on the
run, have a 6 inch submarine sandwich on a whole grain roll or a
vegetarian pita. Don’t go long periods of time without eating. This
leaves you famished and fatigued.

Breakfast is the key
to learning. People who eat
breakfast perform better on
cognitive tests, have better verbal
fluency, and increased memory.
Eating breakfast also helps you
maintain weight. People who
eat breakfast generally burn 4 to
6% more calories than people
who do not eat breakfast. For
breakfast, have whole grain
cereal and milk; a breakfast
sandwich on whole grain bread;
yogurt with granola; cottage
cheese with fresh fruit; leftover
pizza, or a muffin or bagel with
milk and an apple.

Really make an effort to work out at least three times a week. School and other
obligations can soak up so much of your time and stress can get the best of you. Print out
the Reily group exercise class schedule, and pick times during the week that you are free
to do them. They are free and even more fun if you bring a friend! - Katharine, 2013
Before drinking, think about its possible consequences
(e.g., academic and health problems, unsafe sex, assault, injury, and even death). These consequences affect the person who drinks as well as other students (whether they choose to drink or not) and the community as a whole.

Alcohol Safety Tips

- Be aware and think about the risks and consequences of drinking, including getting sick, contracting an STI, or pregnancy. Fifty-two percent of Tulane students report doing something they later regretted due to drinking or drug use. Alcohol plays a part in most sexual assaults.
- Mixing drinking with driving, drugs, or operating machines can be fatal. Designate a sober driver.
- Not everyone drinks. Be with people who drink non-alcoholic beverages or who have similar drinking behaviors or patterns as you.
- Tulane University has a medical amnesty protocol. It is better to get medical help for a person who needs it instead of worrying about getting a friend in trouble.
- Drink alcohol only if you want to, and if you do:
  - Know your limit and stick to it or choose not to drink.
  - Space and pace yourself. Drink slowly and alternate non-alcoholic and alcoholic beverages. Remember to pace yourself or avoid pregaming, especially if you have a long night ahead.
  - Eat when you drink. Food helps to slow alcohol absorption.
  - Avoid drinking contests and games. It can lead to drinking more than planned.

After alcohol, the most common drugs used on college campuses are tobacco and marijuana. Other drugs used are amphetamines (uppers); barbiturates (downers); hallucinogens, such as LSD; inhalants; and narcotics, such as cocaine. On the increase is the use of substances known collectively as “club drugs.” These are used at all-night dance parties, such as “raves” or “trances,” dance clubs, and bars. Examples are MDMA (Ecstasy), GHB, Rohypnol, Ketamine, methamphetamine and LSD.

Signs of an overdose depend on the type of drug used. Call TEMS or get emergency care for one or more of the following:

- Unconsciousness. This means the person is hard to rouse and can’t be made aware of his or her surroundings. This can be brief, such as with fainting or blacking out. It can put a person into a coma.
- No breathing or slow and shallow breathing. This means 10 or fewer breaths per minute or time lapses of more than 8 seconds between breaths.
- Slow pulse rate (40 or fewer beats per minute).
- Suicidal gestures.
- Seizures.
- Tremors.
- Sudden hostility or violent behavior.
- Very rapid pulse rate (140 or more beats per minute) and/or extreme anxiety or paranoia.
This chart is an approximate guide for your blood alcohol content (BAC).

Stay in Green Zone
.02-.05 = Mild relaxation and euphoria; inhibitions slightly loosened; behavior exaggerated.

DANGER: Orange Zone
.06-.09 = Judgment, perception and information processing are impaired.
.10-.24 = Impairments in coordination, balance and memory; difficulty walking, talking.

RISK OF SERIOUS HARM:
Red Zone
.25+ = Severe impairment in mental, physical, and sensory functions. Mental confusion and loss of consciousness is likely. SEEK MEDICAL ATTENTION!

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</table>

For more information, or your own BAC chart, contact theWELL @ 504.314.7400.
Healthy Relationships

With so many issues to think about, it’s easy to forget about what relationships should be built on. We can all think of one couple who seems to have the “perfect” relationship, one built on mutual respect and care for each other. Unfortunately, the opposite is true as well. Most of us can think of one person who is in a relationship that seems to be built on guilt, defensiveness, or where one person has more control or power than the other. So what’s healthy and what’s unhealthy? How do we make sure we get what we deserve in both friendships and romantic relationships?

Well, it starts with four basic principles:

<table>
<thead>
<tr>
<th>RESPECT. When two people are in a relationship, there should be mutual respect for each person as an individual, and for the joy that is created when they come together. A healthy partnership means learning about the other person and valuing what is important to him or her. Respect in a sexual relationship asks for each partner to feel valued enough to talk openly about their desires and fears on a sexual level. Each partner should have respect for his or her own body, and should feel comfortable choosing whether or not to be sexually active and if so, at what pace and level.</th>
</tr>
</thead>
<tbody>
<tr>
<td>HONESTY. Most people would agree that honesty is crucial to any relationship. At the same time, true honesty about our thoughts and feelings about what we want to happen in the relationship, is a challenge to accomplish. Certainly in any type of relationship, especially a sexual one, honesty is very powerful, and for some people, down right scary. Men and women hide in a number of ways, from trying to portray themselves as someone they are not, to not listening to their own thoughts or the other person’s. A person may not be ready to have sex with their partner, but fear honesty because they don’t trust the relationship. This brings us to our next building block.</td>
</tr>
<tr>
<td>TRUST. Trust means you can count on each other and that the other person will be there for you. Trust doesn’t come easy, and for most people, needs to be earned over time. There is nothing worse than a broken promise to take away trust. Promises should not be taken lightly.</td>
</tr>
<tr>
<td>COMMUNICATION. Communication is critical to the other three ingredients. It is how we show our respect, honesty, and trust. Listening to others and really ‘hearing them,” so we respond and follow through on what they are requesting, is a sign of a strong relationship. In a relationship that may be sexual, communication can’t be compromised. Partners need to be able to talk about whether they are comfortable with the level of sexual activity they are considering BEFORE the fact.</td>
</tr>
</tbody>
</table>
Alcohol and Relationships

Alcohol abuse and using drugs can:

- Inhibit clear thinking and decision-making skills.
- Make talking and listening more difficult.
- Make it harder to assess potentially dangerous situations.
- Increase aggression.
- Decrease motor function so that it may be difficult to use a condom or another barrier method correctly.

Think Getting Drunk Is Sexy? Think Again… Too Much Alcohol Actually:

- Numbs the nerve endings in both male and female genitalia.
- Decreases female lubrication and can lead to painful sex.
- Affects the rational processes of the brain.
- Can increase one's expectations for the sexual experience, yet decrease desire, arousal and satisfaction.

Everyone deserves to be in a healthy relationship. If you are not getting what you want and deserve, it’s best to get out of that relationship now. Healthy relationships do exist, but you won’t find one unless you get out of the unhealthy one first.

Don’t be the friend who forgets all of her wonderful friends the minute some guy comes around, because as soon as that guy leaves you’ve got nothing. And getting dumped by a guy feels a lot worse when you have no friends left to help you get over it.

- Audrey, 2014

Campus Resources

Center for Wellness and Health Promotion (theWELL) 504.314.7400
Student Health Center 504.865.5255
**Eating Disorders**

**Five to 10 million U.S. adolescent girls and women have an eating disorder.** The three most common eating disorders are anorexia nervosa, bulimia nervosa, and binge eating disorder. These eating disorders are a coping mechanism. They result in an obsession with food and/or weight; anxiety around eating; guilt; and severe and adverse effects on psychological and physical health. Eating disorders should be taken very seriously.

<table>
<thead>
<tr>
<th>Anorexia Nervosa</th>
<th>Bulimia Nervosa</th>
<th>Binge Eating Disorder</th>
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</thead>
<tbody>
<tr>
<td>Loss of a significant amount of weight in a short period of time</td>
<td>Repeated acts of binge eating and purging. Purging can be through vomiting; taking laxatives, water pills, and/or diet pills; fasting; and exercising excessively to “undo” the binge</td>
<td>Periods of continuous and sporadic eating that are unrelated to hunger</td>
</tr>
<tr>
<td>Intense, irrational fear of weight gain and/or of looking fat</td>
<td>Excessive concern about body weight</td>
<td>Impulsive binging on food without purging</td>
</tr>
<tr>
<td>Obsession with fat, calories, and weight</td>
<td>Being overweight, underweight, or normal weight</td>
<td>Repeated use of diets or sporadic fasts</td>
</tr>
<tr>
<td>Distorted body image. The person feels and sees herself as fat when she is below normal weight for her height and age</td>
<td>Frequent dieting</td>
<td>Weight can range from normal weight to mild, moderate, or severe obesity</td>
</tr>
<tr>
<td>A need to be perfect or in control in one area of life</td>
<td>Dental problems, mouth sores, and chronic sore throat</td>
<td></td>
</tr>
<tr>
<td>Marked physical effects, including loss of hair, slowed heart rate, low blood pressure, feeling cold due to decrease in body temperature, and absence of menstrual periods in females</td>
<td>Frequent time spent in bathrooms</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Because of binge-purge cycles, severe health problems, such as stomach damage, an irregular heartbeat, and kidney and bone damage can occur</td>
<td></td>
</tr>
</tbody>
</table>

**Causes**

No specific cause has been found for these eating disorders. They affect persons from all socio-economic classes, ages, genders, and ethnic cultures. **Risk factors include:**

- Possible biological and genetic links, including a family history of eating disorders
- Pressure from society to be thin
- Personal and family pressures
- A history of sexual, physical, or alcohol abuse
- Fear of entering puberty or of sexual relations
- Chronic dieting
- Pressure for athletes to lose weight (sometimes quickly to qualify for an event) or to be thin for competitive sports
Questions to Ask

Do you hoard food and/or leave the table right after meals to “go to the bathroom” to induce vomiting and/or spend long periods of time in the bathroom from taking laxatives and/or water pills?

Have you lost a significant amount of weight (more than 10 pounds) by binging and purging, fasting, dieting, and/or exercising on purpose, with any of these problems?
- An intense fear of gaining weight or of getting fat
- You see yourself as fat even though you are at normal weight or are underweight.
- You continue to diet and exercise excessively even though you have reached your goal weight.

Do you have recurrent episodes of eating a large amount of food within 2 hours, are not able to control the amount of food you eat or to stop eating and do you do at least 3 of the following?
- Eat very fast
- Eat until you feel uncomfortably full
- Eat when you are not hungry
- Eat alone due to embarrassment
- Feel depressed, disgusted, and/or guilty after you overeat

Do you have a combination of the following problems with abnormal eating behaviors?
- Irregular heartbeat
- Slow pulse, low blood pressure
- Rapid tooth decay
- Low body temperature, cold hands and feet
- Thin hair (or hair loss) on the head, baby-like hair on the body (lanugo)
- Dry skin, fingernails that split, peel or crack
- Problems with digestion, bloating, constipation
- Three or more missed periods in a row or delayed onset of menstruation
- Periods of depression, lethargy, euphoria and/or hyperactivity
- Tiredness, weakness, muscle cramps, tremors
- Lack of concentration

If you answered yes to any of these questions, please see a physician or counselor.

If You Have an Eating Disorder

✓ Follow your health care provider’s treatment plan.
✓ Attend counseling sessions and/or support group meetings as scheduled.
✓ Identify feelings before, during, and after you overeat, binge, purge, or restrict food intake. What is it that you are hoping the food will do?
✓ Set small goals that you can accomplish easily and congratulate yourself for every success. This is a process. Accept set backs and learn from them.
✓ Talk to someone instead of turning to food.
✓ Learn to recognize your personal rights and to state how you feel. You have the right to say no, the right to express your feelings and your opinion, and the right to ask to have your needs met.
✓ Keep a journal of your experiences, feelings, thoughts, and insights, but not about what you eat. The journal is for your eyes only, not for others to read or judge. This is a safe place to be honest with yourself. The journal can also help you identify your “triggers” so that you may prepare yourself to choose alternative strategies.
✓ Don’t let the scale run your life. Better yet, throw out the scale!

Campus Resources

Student Health Center
504.865.5255

If you have an eating disorder, go to the student health center. They have a great team that wants to work with you to help. It may seem scary at first, but seeing my team is one of the best things that I have ever done for myself.

- Emily, 2012
The Student Health Center at Tulane University provides survivors of sexual assault compassionate medical care and support. It is important that you understand your options for medical treatment, as a medical exam following a sexual assault can be a difficult experience.

Tulane University feels it is important for the survivor to take control of their life and decide what is best for them. We hope our students can feel comfortable in approaching a university community member for help, knowing their confidentiality will be preserved.

No matter what the circumstances, the important thing to remember is that you have been through a serious trauma. Your decision to seek medical care is the first step towards healing both physically and emotionally.

The Student Health Center staff is here to help you now or anytime in the next few weeks and months ahead.

Resource Numbers

Student Health Center | 504.865.5255
Educational Resource and Counseling (ERC) | 504.865.5113
University Hospital ER (Sexual Assault Nurse Examiner) | 504.903.3144
Metropolitan Center for Women and Children | 504.837.5400
Crescent House Survivors Center | 504.866.7481, Crisis Line | 504.866.9554
LA Domestic Violence Hotline | 1.888.411.1333
National Domestic Violence Hotline | 1.800.799.SAFE (7233)
National Sexual Assault Hotline (RAINN) | 1.800.656.HOPE (4673)
National Teen Dating Abuse Helpline | 1.866.331.9474
First Steps if a Sexual Assault Occurs

1. Get To a Safe Place
   Get help immediately. Ask a trusted friend to stay with you and assist you in getting the help you need.

2. Save Evidence
   Even if you are unsure about pursuing criminal charges against the assailant, saving evidence now gives you the option to decide in the near future. Preserve as much physical evidence as possible.

   *Do not urinate, shower, douche, and depending on the manner of assault, do not drink/eat, gargle or brush your teeth. Do not wash or throw away the clothing you were wearing during the incident. This is possible evidence to be collected by the emergency room staff and/or police. If possible, save any other materials that might provide evidence, such as the glass that held your drink.

3. Seek Immediate Medical Treatment:
   Get medical care! Not all injuries are apparent, so a medical exam is strongly advised. University Hospital’s E.R. (New Orleans) SANE program (Sexual Assault Nurse Examiner) can be reached at 504-903-3144: Tell the triage nurse “I was raped” or “I need to see a SANE nurse.” University Hospital’s SANE program offers both a medical exam and an exam for forensic evidence (a “rape kit”). You can call Tulane Emergency Medical Service (TEMS) through TUPD 504-865-5911 (extension 5911) to arrange transportation to the University Hospital.

   The Tulane University Student Health Center does not provide the forensic exam. The Student Health Center only provides a post-assault medical exam and treatment. The medical exam can include a gynecological exam, testing and preventative medications for sexually transmitted diseases and pregnancy, treatment, and counseling.

4. Seek support or counseling services
   It is normal to feel helpless, confused, frustrated, scared, traumatized, or even unusually calm. It is important to seek support for yourself after experiencing something as traumatic as sexual assault. Talking to a resident advisor, friend, or anyone you feel comfortable with can be an important step towards healing. It is recommended that you contact the Tulane University Psychiatry Department: Monday to Friday 8:30 a.m. - 4:30 p.m. for counseling services and support services to aid you in your healing process.

5. Report the incident
   After a sexual assault, the survivor has several options:

   - Decline to report the rape or sexual assault to any police department: If the survivor does not want to go to University Hospital for treatment, or the assault occurred greater than 96 hours prior, he or she can receive a medical evaluation and treatment by a Tulane Student Health Center practitioner. Student Health Center Practitioner’s must report the incident (anonymously), as required by the Cleary Act, to TUPD.

   - Report incident to TUPD. TUPD will help the victim report the incident to New Orleans Police, or investigate the case themselves. If TUPD investigates, TUPD will make a report of the investigation and refer it to the Office of Student Affairs.

   - The Office of Student Affairs is responsible for adjudicating the complaint under the Student Code of Conduct. The Office of Student Affairs organizes a hearing process, renders a finding, imposes possible sanctions and informs the complainant and person charged of their findings.

   - Neither the Public Safety Department nor Student Affairs will release the complainant’s name to the public or the press. The Office of Victim Resources can help you exercise any of these options.

   - Report the sexual assault to the local police department: dial 911, or contact TUPD for assistance with reporting to NOPD.

   - If you decline to report the assault to any police agency, consider working with a counselor or trained advocate to explore mediation and written forms of confrontation.
## Housing and Residence Life Alphabet Soup!

**AD** – Area Directors are full-time staff members who live in the residence halls and work in the Office of Housing and Residence Life. They supervise student staff, including interns, graduate hall directors, and paraprofessional student staff members and respond to emergency situations involving Tulane students. Area Directors hold Master Degrees in student personnel (or a related field).

**CG** – Community Government is a small governing body that serves as a student voice and helps make decisions and plan programs for your building community. It is an excellent way to get involved and get experience, especially if you plan to apply to be an RA in the future and want to have a better sense of the programming responsibilities.

**CLS** – At Tulane University, our residence halls are governed by a set of Community Living Standards. These standards were established for your convenience, safety, and enjoyment. Please read and become familiar with the Community Standards. You are expected to follow these guidelines. If something does not seem clear, or if you want to understand why a particular standard is important, please ask your Area Director or Resident Advisor. The community standards can be found on the HRL website.

**DSC** – The Desk Service Coordinator’s (DSC’s) function is to serve at one of several area service desks. The DSC maintains the service desk and ensures that it is a clean and professional information and resource center for the residential community. When working in desk attendant roles, the DSC is the first line of contact and security within a building.

**HSC** – Housing Services Coordinators serve as members of the Area Management Team and assist Area Directors or Student Affairs Associates with front desk operations and hall administration. They help supervise the DSCs are responsible for maintaining the professionalism of the desk.

**IR** – An IR is a document that describes an incident involving a person that is violating one or more of the Community Living Standards or a University Code of Conduct. This document is used as a starting point to determine whether further action needs to be taken. Anyone can file an incident report at http://tulane.edu/studentaffairs/conduct/.

**RA** – Resident Advisors serve as role models and help residents plan and facilitate activities and programs. Resident Advisors are undergraduate students who report to and are directly supervised by Senior Resident Advisors, Student Affairs Associates and/or Area Directors. You can go to them for help with adjusting to college, problems with your roommates, and advice on just about anything.

**RCR** – A Room Condition Report (RCR) is used to document the state of your room when you move in and when you vacate. You are responsible for conducting a thorough inspection of your room and ensuring that the RCR is correct within 24 hours of moving in. The RCR will be used at the time you vacate the room to assess damage bills if the room is not in its original condition as documented on the RCR.

**SAA** – Student Affairs Associates assist with the management of a residential community as a hall director. They split their time between serving as a hall director and working within another office or functional area within Student Affairs.

**SRA** – Senior Resident Advisors serve as members of the Area Management Team in the overall operations and management of the residential area. They also assist the Area Director or Student Affairs Associate in community development and administration of all activities and programs, behavioral and judicial issues, and emergency response.
Why Live on Campus?
Students who live on campus and get involved with activities are more likely to stay on track toward graduation, maintain closer contact with faculty, and have higher levels of self-confidence and self-esteem than students who live off campus. In addition, living and dining on campus is convenient, economical and safe. It offers a variety of support services to assist in your transition from high school and living at home, to college and being on your own. Add the easy access to classes, the library, campus activities, the availability of internet access in each room, and the question becomes "Why not live on campus?"

For more information, visit: tulane.edu/studentaffairs/housing/
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<tr>
<th>Topic</th>
<th>Hours of Service</th>
<th>Agency/Organization</th>
<th>Location</th>
<th>During Hours Contact</th>
<th>After Hours Contact</th>
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<td>Alcohol Abuse</td>
<td>M-F 8:30-4:30</td>
<td>Alcohol Abuse Clinic</td>
<td>3rd floor ShC</td>
<td>504-865-5255</td>
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<td>STIs/HIV</td>
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<td>NO AIDS HIV Testing</td>
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<td>4018 Magazine</td>
<td>1-800-656-606</td>
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<td>RAINN Hotline</td>
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<td>Women’s Health Clinic: Dori/Dawn</td>
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<td>LSU Hospital: SANE Nurses</td>
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<td>Metro Center for Women and Child</td>
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I wish I knew that it is always okay to be me, exactly who i want to be, to say no and to say yes, and that sometimes we pressure ourselves into things more than any other person.
- Angie, 2014

I wish I knew that everything with my class schedule would work out. I was overwhelmed after orientation about which classes to take, what would my major be and what to do about waitlists. By attending a smaller university you have the ability to communicate with professors which can ultimately lead to being taken off waitlists, forming great relationships, and receiving extra help when needed. The saying “everything works out in the end” is true at Tulane. This school works to make sure of that.
- Annie, 2014

I wish I’d known that New Orleans actually gets cold in the winter, I would have brought a heavier jacket back from Thanksgiving break and wouldn’t have had to suffer through chilly winds in only a thin sweater..
- Laura, 2014

The ERC is free and there to help you. Take advantage of the endless hours of academic help so you can use teachers’ office hours for the remaining questions that fellow students were unable to answer.
- Katharine, 2013

Do not sweat the small stuff, no matter what. Everything will work itself out.
- Emily, 2012

Trust in your feelings because you feel whatever you feel for a reason--you deserve to love and to be loved!
- Jenn, 2012
I wish I knew how important it was to maintain a healthy, balanced exercise routine. It was at least a month or two before I started running regularly my freshmen year, and after the initial exhaustion, I immediately began to notice the difference running made physically, mentally, emotionally, socially and academically. Running gave me the opportunity both to make friends and to have time to myself. On days when I wanted company, it was not only great motivation to have someone to run with, but also great fun to have someone to talk to. I got to know some of my best friends at Tulane through jogging with them on a regular basis. However, on days when I just wanted to be by myself, running provided me that opportunity as well. At school you are surrounded by people 24/7—in the classroom, in your dorm, in the bathroom, on the walk to class—everywhere. Though it’s important to get to know your peers in the first few months at Tulane, it’s equally as important to get to know yourself, and to give yourself some time to clear your head. Speaking of which, after I went for a run I not only felt much calmer, relieved even, but I also found it much easier to focus on my schoolwork. Additionally, knowing I was going to run everyday allowed me to set a routine, even when my class schedule varied from day to day. Finally, it made me conscious of how I treated my body (what I ate, how much I slept) which allowed me to be healthy and balanced despite the stress of school!

- Melissa, 2013

No matter how prepared you may think you are, things won’t always turn out the way you expect them or the way you originally wanted them. Sometimes things might turn out better than you expect, and if they don’t it’s not the end of the world. You can always change things.

- Natali, 2014

Take care of yourself—you’re the only one who truly can. Make a conscious effort to eat well, exercise often, relax your mind, socialize, and continue doing the things that fulfill you; the academic pressures of college are often tremendous but you’ll succeed much more if your body and mind are well.

- Paige, 2012

That there are TONS of great guys out there! Don’t settle for the first guy you initiate a liking for, EXPLORE! Your freshman year shouldn’t be about finding Mr. Right and establishing a serious relationship— it should be about YOU and your opportunity to meet so many new and fun people at Tulane, and do all the crazy things that freshman are supposed to do. That’s what I wish I knew, to actually let myself BE A FRESHMAN, and let the boy stuff figure itself out down the road.

- Emma, 2014