WELCOME!
Whether you are here for the first time or returning from a summer hiatus, welcome to your home away from home. For the upcoming year, we challenge you to set some goals, ones that are outside your comfort zone. When you get outside your comfort zone, you tend to see things differently. Try something new this year or have the courage to seek the help you have been (quietly) wanting. The resources outlined here are in place so that you have the tools to create a memorable and rewarding Lehigh experience.

MANAGING YOUR ACADEMIC LIFE
Although success is important, failure to some degree, will likely happen, and when it does, remember that’s normal. It’s not about how epic your failure is, it’s what you’ve learned as a result of it. While you should always reach out to your professor and/or academic advisor, Lehigh has many resources including the Center for Academic Success, Academic Transitions, the Writing and Math Center, and Disability Support Services who can help keep you (or get you back) on track for success. Search the net for a list of offerings -- they are a dedicated team who have your best interests in mind.

KNOW THE CODE
It’s important you know about your rights and responsibilities as members of this community based on respect, civility, and intellectual integrity:
Lehigh.edu/go/codeofconduct
Lehigh.edu/go/medicalamnesty
Lehigh strives to consistently support the educational mission of the institution by providing an intellectual, inclusive, and respectful community.

WE’VE GOT YOUR BACK!
Every department in Student Affairs is here to serve and support you throughout your Lehigh experience. We are educators, advocates and serve as a resource for you. We take pride in guiding you as you become an involved and engaged member of the Lehigh community. Check out and take advantage of the many Student Affairs programs and services. We’ve got your back — never hesitate to reach.

GET INVOLVED
There is no mistaking, Lehigh has something for everyone. Connect and engage with our many offices, Multicultural Affairs, the Pride Center, the Center for Gender Equity, ROTC, and Student Engagement. Consider joining one (or more) of our 175+ organizations and/or speaking with someone from Fraternity & Sorority Affairs about the Greek community. Want to give back by tutoring local elementary and middle school children? Check out the Community Service Office. Even if you are not competing on one of our NCAA D-1 athletic teams, intramurals are open to all levels of skill. There are always options for building community, leadership, while connecting, and making friends!

LIVING @ LEHIGH
If you’re living in a residence hall this year, your primary resource is your Gryphon. Gryphons are trained student leaders who support you by offering mentorship, advice, and coordinate programs in your community. There is a Gryphon on-duty each night in your residential area who you can connect with for support or share a concern. Remember that in addition to being a member of the LU community, you are also part of the greater Bethlehem community -- please respectfully treat this community as your home.

HELPFUL NUMBERS
Counseling & Psychological Services: 610.758.3880
Dean of Students: 610.758.4156
Gender Violence Advocates: 610.758.4763
Health & Wellness Center: 610.758.3870
Title IX Coord. (acts of discrimination): 610.758.3535

WELLBEING
It’s important to keep yourself physically, mentally, and emotionally healthy while you’re here. Check out the Health & Wellness Center not only when you’re sick but when you want to learn more about your own health and/or get free over-the-counter medicine. Interested in providing support, resources, and programming to other students about alcohol, sleep, stress and other health behaviors? Apply to be a Peer Health Advisor (application closes 9/23). Need to talk to someone? Our counselors at the Counseling & Psychological Services can give you space to better understand yourself and effective coping skills to manage your stress. Break a sweat at Taylor Gym by trying one for their fitness classes or speak with our onsite Dietitian.

FIRST-YEAR STUDENTS
You made it to one of the most exhilarating experiences of your life...college. To help provide you and your families with support and resources for navigating academic and social transitions (we know it’s a biggie), the Office of First-Year Experience is here to help.

SAFETY, RESPECT, & RESPONSIBILITY
These are the pillars of Lehigh University Police Department (LUPD). They are here to ensure your safety on and off-campus. Have you heard of HawkWatch? This new emergency notification system sends phone, email or text alerts to all students, faculty, and staff in emergency situations and/or cases of imminent danger. For more information, visit: www1.lehigh.edu/emergency. In order to take advantage of advanced features such as emergency plans/contacts, support resources, mobile blue light, friend walk or to report a tip, download the HawkWatch Personal Safety App at apparmor.com/clients/lehigh.edu. This app also works for students who will be studying abroad.

HAWKWATCH

InSTALLments are published by the Health Advancement & Prevention Strategies Office, Division of Student Affairs. Comments? Email ihhaps@lehigh.edu.