Prevention is Possible

April is sexual assault awareness month. Sexual assault is a serious public health issue that affects all communities. As many as 1 in 5 women are sexually assaulted in college and while in college, 1 in 16 men have been victims of an attempted or completed assault. Show your support and wear denim on Denim Day, April 27, 2016.

Lehigh After Dark

Relay for Life
Fri., 4/1, 3pm-3am, Grace Hall
Battle of the Bands
Sat., 4/2, 8-12am, Lamberton
March Madness Viewing Party
Sat., 4/2, 7pm-12am, Williams Hall
Dodgeball Tournament
Fri., 4/8, 8:30pm-2am, Taylor Gym
Diversity Weekend - Bingo Night
Fri., 4/8, 10pm-2am, Lamberton
Diversity Weekend - Trivia Night
Sat., 4/9, 10pm-2am, UC 308
Drag Show
Thurs., 4/14, 8pm-12am, Lamberton
Basketball Tournament
Fri., 4/15, 10pm-2am, Taylor Gym
Cardboard City
Fri., 4/15, 6pm-12am, STEPS Lawn
Volleyball Tournament
Fri., 4/22, 10pm-2am, Taylor Gym
Sky Zone Trampoline Park
Fri., 4/29, 9pm-12am, Sky Zone
De-stress After Dark
Sat., 4/30, 9pm-12am, Williams Hall
Open Mic Night
Sat., 4/30, 8pm-12am, Lamberton
Trivia Night (weekly)
Thurs., 10pm-1am in Hawk’s Nest
Taylor Gym Open Late (weekly)
Fri., 12pm-2am Taylor Gym

Always Moving Forward

If you are suffering from grief, you don’t have to do it alone. Losing a loved one can be incredibly difficult and it’s not always an easy topic to talk about. Always Moving Forward is a peer-based student support group focused on the grieving process and recovering. All are welcome; feel free to stop by. For meeting times or questions: Colin - cms217@lehigh.edu

Student Suggestions

Do you have ideas on how your student experience at Lehigh can be improved? Submit any suggestions, large or small, to Student Senate at: www.tinyurl.com/LUsuggest

Prescription (Rx) for Prevention

Prescription drug abuse and misuse is a problem on college campuses. According to the National College Health Assessment, 13.9% of Lehigh undergraduate students said they have taken prescription drugs that were not prescribed to them in the last 12 months (Lehigh NCHA Spr. ‘15). Non-medical use of prescription drugs is when a prescription drug is used for:

- anything other than its intended purpose;
- by someone other than the intended recipient;
- in a dosage other than prescribed (Arria et al., 2005).

The medications students abuse the most are stimulants such as Adderall® and Ritalin®, commonly prescribed for Attention-deficit/Hyperactivity Disorder (ADHD). During Spring 2015, 11.6% of Lehigh Undergrads reported taking prescription stimulants not prescribed to them. A lack of time management skills combined with pressure to succeed academically and socially are among the most common reasons why students misguided abuse stimulants.

MYTH: Everyone is doing it.
Reality: This is a misperception. Use is not the norm. 9 out of 10 Lehigh students have not abused prescription stimulants within the last 12 months (Lehigh NCHA Spr. ‘15).

MYTH: Sharing my prescription with a friend is no big deal.
Reality: There are severe risks for dispensing drugs. Adderall® and Ritalin® are Class 2 controlled substances (same as cocaine and morphine). Trading, sharing or selling medication is illegal and can be prosecuted as a felony and will also result in disciplinary action as outlined by the LU Code of Conduct. Skipping doses by giving pills to friends will lead to inadequate treatment for a diagnosed health condition as well as serious adverse side effects for the non-medical user.

MYTH: Most students who misuse prescription stimulants do well academically.
Reality: Non-medical use is concentrated among students with lower or declining GPAs. Among Lehigh Undergrads, users are 2-3 times more likely to be B or C students than A students (Lehigh NCHA Spr. ‘15).

Non-medical users often have a history of heavy drinking and other drug involvement, especially with marijuana.

What Can You Do?

Educate Yourself: “Mind Your Meds” is a peer-based interactive program on prescription drug abuse developed and offered by the Peer Health Advisers. Request a program by emailing inpha@lehigh.edu

Prevent Diversion: Keep prescribed medication hidden or locked and keep track of any going missing. Do not share medical information with others. Remember it is illegal to dispense prescription medication. Utilize Resources: On-campus resources include the Center for Academic Success, Counseling and Psychological Services, Health and Wellness Center and the Office of Academic Support Services.

Prescription (Rx) for Success

In college and throughout life there are very few shortcuts to real success. The way to achieve good grades and a successful career is through hard work and seeking proper coaching, instruction and mentoring along the way. Be sure to take care of yourself during final exams. Get enough sleep, eat a nutritious diet, maintain your fitness routine and create manageable to-do lists. Try reviewing your class notes frequently and prioritizing the work load. Divide large projects into smaller projects and set goals. Keep a positive attitude by staying confident in your ability. Lastly, stay motivated. Remember your goals and reward yourself for goals met. Best of luck on exams this semester and have a fun, safe summer.