

TRANSITIONING TO COLLEGE

A Resource for Families



BALL STATE
UNIVERSITY



Your **1st** Year Flight Path

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A warm Cardinal welcome to you and your student! We are excited you have chosen Ball State University for your collegiate experience. We care deeply about the well-being of our students, and we are dedicated to providing resources and support to help you and your student successfully navigate the Ball State experience.

With this in mind, we have created this “Transitioning to College: A Resource for Families” guide. I hope it is a valuable resource now and in the coming months. In this guide, you will learn about our expectations for students and the many ways the University will support your student’s academic, personal, and professional growth. This comprehensive campus resource guide also offers discussion topics about your student’s involvement, academic progress, personal responsibility, and familiarity with essential campus resources.



Our hope and expectation is that students take advantage of opportunities inside and outside the classroom to discover and engage in campus life. Our University offers a wide range of co-curricular opportunities to help students explore their interests, develop life skills and competencies, gain leadership expertise, and participate in community engagement. At the same time, we set forth expectations for personal responsibility, academic integrity, and respect for self and others. A student’s first year is both rewarding and challenging as students learn to balance newfound independence with personal responsibility and academic rigor.

As parents and guardians, you are partners with Ball State in encouraging students to engage fully in their education and to keep on track with a four-year degree plan. Keep those lines of communication open—ask questions and listen carefully. Express confidence in your student’s abilities, and encourage them to look to you and their campus resources when questions arise.

We also provide opportunities for families, parents, and guardians to remain engaged in their student’s experience. The Parents and Families Advisory Council (PFAC) is one of the ways to do so. If you would like to learn more about PFAC, email pac@bsu.edu. The freshman year is truly a special time. We are grateful to you and your student, for choosing Ball State University and including all of us in the experience with you.

With Cardinal Pride,

Ro-Anne Royer Engle
Vice President for Student Affairs

OUR COMMITMENT TO STUDENT SUCCESS

As student advocates, we:

- **embrace learning** as a way of life within a climate of open inquiry, investigation, exchange of ideas, and creative activity.
- offer programs and services to **enhance students' academic achievement** and personal development.
- promote positive relationships and **healthy choices**.
- **celebrate all students** and what they bring to our campus.
- encourage students to share their concerns and **guide them through problem-solving**.
- provide learning opportunities **inside and outside the classroom**.
- **empower students** to become critical-thinking, self-reliant adults.

Students are expected to:

- engage in **active learning** and career exploration.
- **contribute positively** to the University community.
- explore new interests through active **involvement in campus life**.
- respect themselves, others, and University property.
- comply with the **Code of Student Rights and Responsibilities** (available at bsu.edu/studentcode).
- understand and observe the **Beneficence Pledge** (see inside back cover).
- **accept responsibility** for behavior and learn from mistakes.

During this transition, you should:

- **offer support** while encouraging independence.
- maintain **meaningful**—but not necessarily daily—contact through phone calls and e-mails.
- **show enthusiasm** and interest as your student engages in campus life and develops friendships.
- **provide guidance** rather than taking action on your student's behalf.
- familiarize yourself with campus resources and **encourage your student** to seek them out as needed.
- recognize that part of **learning and personal growth** involve making mistakes, encountering challenges, and experiencing setbacks.



A CONVERSATION GUIDE TO CONNECT WITH YOUR STUDENT

Communication and preparation are key elements to a successful transition to college. This guide will help you and your student effectively plan for and navigate the first year.

Before School Starts

Here are topics families and students should discuss before classes begin:

- Reach an agreement about your **access to student information**, such as midterm and final grades, advisor contact information, and class schedule. Students can grant you proxy access through Self-Service Banner on myballstate.bsu.edu.
- Remind your student to complete the required **EduRisk** online harm reduction module on substance misuse and sexual violence prevention. (See pages 16-18 for more information on talking with your student about making responsible choices.)
- Encourage your student to remain on campus during the week and on weekends, making engaging in campus life and managing homesickness easier.
- Advise your student to **get involved in Weeks of Welcome**. Campus involvement options include student organizations, leadership and volunteer opportunities, multicultural programs, sports and recreation, and residence hall programs. (See page 19 for more about campus life.)
- Encourage your student to become fully familiar with the myballstate.bsu.edu portal. It is the student's gateway to personal information, semester schedule information, Canvas, financial aid information, Navigate, and more.
- Set yourself up as an **authorized payer** on your student's eBill online billing and payment system at bsu.edu/ebill through Student Financial Services.
- Ask your student to save the Ball State **University Police Department phone number, 765-285-1111**, to their cell phone, which will ensure a more direct contact with law enforcement than dialing 911. (See page 11 for information about emergency communications.)
- Discuss your student's **KEY Careers Report** (KEY stands for Knowledge, Experience, and You). This individualized feedback, provided to students after Orientation, helps students make well-informed decisions about their academic major and career choice.
- Become familiar with the **Ball State First Day** textbook and course material program at bsu.edu/firstdaymaterials and talk about the financial resources your student will need to obtain the required textbooks and course materials.
- Your student must **submit their immunization record** to the Health Center before classes start. Have your healthcare provider review the list of required immunizations on the Health Form.

The First Week

Your student should work toward becoming invested, comfortable, and confident in both academic life and campus involvement. The following questions may be helpful to gauge how your student is adjusting to college life.

- Did you attend the Activity Fair? Did you go to Weeks of Welcome events?
- Did you attend all of your classes? Did you sit in the front row of each of your classes? Did you introduce yourself to your professors? What was the most interesting thing you learned?

- Have you used your planner or smartphone to map out your semester? Have you reviewed the syllabus for each class and put important dates for tests and assignments in your planner? Have you blocked time for work commitments, personal obligations, and studying?
- Have you found a quiet place on campus to study?
- Do any of your courses include supplemental instruction? Have you explored the free tutoring options at the Learning Center on campus?
- Have you visited bsu.edu/studentlife and identified three student organizations to visit?
- Have you had a conversation with your Resident Assistant or Academic Peer Mentor? What about someone you met in class or a student organization?

The First Six Weeks

- Did you attend Cardinal Street Fest? Tell me about it.
- Your professors may be using Canvas for some of your course content. Have you attended a session to learn how to use this online system?
- Have you heard of Spirit and Traditions? Have you attended, or will you be attending? If not, why?
- Tell me about your classes. Do the assignments and expectations outlined in the syllabi make sense? Have you met with professors during office hours? What are you learning?
- Have you organized a calendar or planner to keep track of due dates and campus events? bsu.edu/calendar
- Have you spoken with someone in the Career Center or your academic advisor about your Key Careers Report?
- Tell me about your roommate, floormates in the residence hall, or other people you've met. Have you participated in your living-learning community? If not, ask your resident assistant (RA) or academic peer mentor (APM) for details.
- If you are consuming alcohol, are you making responsible decisions about alcohol use?
- Have you updated your personal contact information using the self-service banner (SSB) on myballstate.bsu.edu? Did you make sure your emergency contact information was accurate?
- Have you and your friends checked out all the dining locations on campus? Which is your favorite?
- Can you take a selfie with Benny, Frog Baby, or the Ball State Sign and send it to me? Did you post them on social media to show your Ball State pride?

KEY (Knowledge, Experience, and You) Careers is designed specifically to help Ball State freshmen find a major and choose a career. During Orientation, students take a survey called My Vocational Situation that examines career clarity in their major and career choice. Students are required to complete the KEY Careers online experience after arriving on campus.

By Midterms

As the semester moves along, talk with your student about planning and time management, social pressures, rest, and nutrition.



- How are you managing everything? Remember, there are resources on campus to help you **overcome academic and personal concerns** (see pages 14–15). Are there worries or concerns you need to talk about with a member of the Counseling Center staff?
- Have you logged on to Canvas to **check your grades**? Have you discussed any concerns with your professors?
- Have you tried various **study strategies** and **time management methods**? Which ones work best for you?
- What **campus events or activities** have you attended?
- Do you feel as though you have **built some friendships**? If not, have you considered joining an organization to meet new people?
- When will you meet with your advisor to plan your **Spring schedule**? Have you checked on myballstate.bsu.edu to see if you have any **holds** that would prevent registration?
- Have you met with a career coach to discuss **career exploration and planning**?
- Did you participate in **Homecoming Week**?
- Have you used the free tutoring and supplemental instruction offered at the **Learning Center**? Do you know where it is?

Midterm grades will be sent to your student during the ninth week of the semester. Academic advisors, success coaches, and other staff may request an appointment to discuss deficiencies (C- or lower) and strategies to improve student success.



End of the Fall Semester

Students have a lot on their plates as the semester comes to a close. By mid-November, they are looking forward to Thanksgiving Break, but once they return, only one full week of class remains before finals week. Focus your conversations on stress management, study habits, reasonable expectations, and positive reinforcement.

- What do you need to **prepare for final exams**?
- What **grades** are you anticipating in each of your classes? Do you have any concerns about satisfactory academic progress (SAP)? (See pages 12–13 for more information about SAP.)
- Do you feel you are on track with a **major selection**? Do you need to engage in additional exploration with **Career Center** staff?
- Are you registered for the Spring semester? Did you check the status of your four-year academic plan at the end of the Fall semester? Talk over your concerns with your advisor if you need to adjust your Spring semester schedule.
- Do you want to be more involved in student organizations? Staff in the **Office of Student Life** staff will talk with you and connect you with people in the organizations that appeal to you.

Send your student a care package sponsored by the Residence Hall Association. Parents will receive a letter soon to place an order for a Welcome Kit, as well as reminder letters in the Fall and Spring terms to place orders for Finals Week Kits. You can also order Halloween and Spring Break care packages for your student. Visit swaku.com/bsu to order.



Start of Spring Semester

Family support continues to be an essential ingredient to student success. As your student adopts greater personal responsibility and independence, consider these talking points.

- How do you anticipate your **study habits**, **class attendance**, **class preparation**, and **class participation** will change or improve for this semester?
- If you ended the Fall semester on **academic warning**, what were you told about the guidelines for probation? What advice or suggestions were you given from people on campus?
- Are you aware there are still opportunities to become involved in **Fraternity and Sorority Life**?
- Have you **reviewed each class syllabus** and put all of the important dates in your planner?
- Have you visited the **Career Center website** (bsu.edu/careers)?
- Do you know the deadline for the **Free Application for Federal Student Aid (FAFSA)**?
- If you are drinking alcohol, do you feel like you are **responsible** and safe about it? Do you know what is considered a standard drink, the signs of alcohol poisoning, and what is available on campus to help you learn more about drinking, safety, and how to handle social pressure?





After Spring Break

By mid-March, your student will have a good sense of their academic progress. In the final weeks of the semester, help your student remain focused and make wise choices.

- Have you met with your professors during office hours?
- Did you receive any midterm deficiencies? If so, how do you plan to improve your grades?
- What kinds of activities are happening on campus?
- Have you visited the Learning Center for free tutoring?

End of the Spring Semester

April is the home stretch—one solid, uninterrupted month devoted to academics, enjoying our vibrant campus life, and the anticipation of Summer break.

- Are you considering **Summer school**?
- What grades **do you anticipate** getting in each class?
- What **activities or organizations** do you plan to be involved in next year?
- Are you registered for the **Fall semester**? Do you have any **holds** that would prevent you from registering for classes?
- Have you considered a **Summer job, internship, or volunteer work**?
- Have you updated your personal contact information using SSB on myballstate.bsu.edu?
Have you checked to make sure your parent/guardian contact information is accurate?

OUR COMMITMENT TO A **SAFE AND HEALTHY CAMPUS**

“ Report anything that you think is suspicious or out of the ordinary. Simply put, if you see something, say something. ”

—John Foster, AVP and Chief of Police, Ball State University



The following programs and resources enhance safety and encourage Ball State students to make wise choices.

Safe Entertainment

Our University sponsors many alcohol-free programs for students. Our Office of Student Life for Spirit and Traditions holds several weekday and weekend events that offer free food and drinks, entertainment, and games. Other student activities include **movies, comedians, speakers, concerts, and cultural events**. Students often receive free or discounted tickets.

Charlie's Charter

Co-sponsored by Ball State's Department of Public Safety and the Student Government Association, Charlie's Charter **offers students a free ride** from one campus location to another, such as from the stadium parking lot to the residence hall. This first-come, first-served transportation is available from 6 p.m. to 1:30 a.m. Sunday through Thursday by calling 765-760-RIDE (7433) or 765-285-5005.

Safety Information

Students should review **[bsu.edu/safety](https://www.bsue.edu/safety)** for **important safety information**. Topics covered include alcohol awareness, campus safety tips, and residence hall safety information.

Parental Notification Policy

Parents and legal guardians are our partners in promoting **healthy and responsible choices** about alcohol use. Ball State's parental notification policy states that the Dean of Students will notify parents after their student's second violation of Ball State's alcohol policy or when the first violation puts the student or others at risk. Read the complete policy at **[bsu.edu/studentrights/parents](https://www.bsue.edu/studentrights/parents)**.

Residence Hall Security

Ball State's residence halls have numerous **security measures and safety programs** in place. Parents and students will learn more about these at Orientation and during Weeks of Welcome.

Tobacco-Free Campus

To ensure a healthy environment to live, work, and learn, Ball State is a Tobacco-Free Campus. The policy prohibits tobacco use and vaping in all buildings and outdoor areas, except in personal vehicles with the windows rolled up and in designated tailgating areas during home football games. For more information about the Tobacco-Free Campus policy and resources available for those who want to quit, please visit **[bsu.edu/tobaccofree](https://www.bsue.edu/tobaccofree)**.

OUR COMMITMENT TO **EMERGENCY PREPAREDNESS**

Ball State has safety protocols for many emergency situations that are rare yet possible. Please visit [bsu.edu/prepared](https://www.bsu.edu/prepared) and review the information there. Bookmark this website on your computer and smartphone browsers.

Ball State uses three types of notices to students:

- **Emergency Warnings:** These are sent when there is an immediate threat to the health and safety of students, and students need to take action to protect themselves from imminent danger. It is also used to notify students about class cancellation.
- **Public Safety Advisories:** These are sent if the situation poses a serious or ongoing threat to the campus community. Public safety advisories are intended to heighten safety awareness and alert campus community members of potential dangers.
- **BSU Inform Notices:** These are sent when a situation is not an emergency and does not pose an immediate threat to the campus community, but is of significant safety interest to members of the Ball State community. The only purpose is to inform.

To learn more about emergency notices, visit [bsu.edu/prepared](https://www.bsu.edu/prepared).

The Ball State website at [bsu.edu](https://www.bsu.edu) is the official source of information in the event of an emergency. Other official sources include University email, opt-in text messaging and [@ballstate_alert](https://twitter.com/ballstate_alert) on Twitter. These official sources will provide information such as safety instructions for students, faculty, and staff to the campus community. During emergency warnings, the campus sirens may emit a continuous three-minute warning sound.

Severe Weather Communications

When the National Weather Service issues a tornado warning, Ball State will post pertinent information on [bsu.edu](https://www.bsu.edu) and send a text message to subscribers of the University's emergency text messaging system. Monitor the weather via radio or television until the tornado warning has been lifted for your area. The University sends text alerts for tornado warnings only. To receive notifications about other types of weather watches, warnings, and advisories, you may want to explore free alert services such as those offered by The Weather Channel ([weather.com](https://www.weather.com)) and other credible sources.



TALKING WITH YOUR STUDENT ABOUT SATISFACTORY ACADEMIC PROGRESS

Many students rely on financial aid, such as student loans or grant programs, to help them meet the costs of higher education. To remain eligible to receive federal, state, and Ball State institutional aid, students must maintain a certain level of academic performance. For many students, compliance with these minimal standards presents no problem. However, some students who will lose eligibility for all forms of financial aid because they are not demonstrating satisfactory progress toward degree completion.

At the end of every Spring, each student's academic record will be reviewed to determine whether the student is meeting the standards for **satisfactory academic progress (SAP)**. Satisfactory academic progress for financial aid is defined as:

- Maintaining a **GPA** consistent with University graduation requirements
- Staying **on pace to graduate**
- **Completing a degree** within a maximum time frame

Your undergraduate **GPA** must meet or exceed the following:

- Under 30 credit hours attempted: 1.6 GPA
- 30-59 credit hours attempted: 1.8 GPA
- Over 60 credit hours attempted: 2.0 GPA

At Ball State, students are required to earn 66.67 percent of their cumulative hours attempted to stay on pace to graduate. Pace is calculated by dividing cumulative hours earned by cumulative hours attempted.

Students can view the status of their financial aid on myballstate.bsu.edu. It is essential that students learn to do this, and we suggest that parents and guardians talk with their students about their SAP status at the end of each semester.





Students who do not meet the standard will be suspended from further eligibility for aid (loans, work study, grants, etc.) until they improve their overall academic record. Students may still take classes after this point, but they must do so without the benefit of federal, state, or institutional financial aid.

Students pursuing a bachelor's degree or associate degree are expected to complete degree requirements within a maximum time frame based on attempted hours (including transfer and advanced standing hours). Students will be ineligible for financial aid once it has been determined that they cannot complete their degree within this time frame. This time frame is 180 attempted hours for a bachelor's degree and 90 attempted hours for an associate degree. Therefore, eligibility for aid from sources listed previously is limited to the same time frames. Exceptions: the Indiana Frank O'Bannon Grant, Indiana National Guard Supplement, and Indiana 21st Century Scholars Award are limited to eight semesters for students working on a bachelor's degree. Students who receive the Indiana Child of Veteran and Public Safety Officer Supplemental Grant are limited to 124 attempted hours.

Students are urged to speak with representatives from Cardinal Central, Student Center, Room 120, when they have questions about aid status, academic standards, and the appeal process. Complete policy information, deadlines, and forms are available for review at bsu.edu/finaid.

WHAT ARE THE **CAMPUS RESOURCES AND STRATEGIES** TO HELP YOUR STUDENT BE SUCCESSFUL?

Academic Advising: Students should meet with their academic advisors to prepare for each semester and to track progress toward graduation. Before dropping or withdrawing from individual courses, students should talk to advisors.

Learning Center, North Quad: Family members should ask how classes are going and reinforce the availability of the Learning Center. A weekly tutoring appointment beginning early in the semester (before the first test) provides help with course content and study strategies. Family members should also ask their students how they are managing their time. Many students struggle with time management because college class schedules can feel like they offer more free time compared to high school. A study strategies tutor can provide valuable tips that students can use throughout college. All services, including tutoring, are free!

The Professor: When family members hear about uncertainties with a specific class, they should encourage the student to meet with the professor. During office hours, professors will help students with course material, talk about the grade the student is earning, and the resources the professor uses.

Student Success Coaches: Staff in this office support students in the pursuit of their academic and personal goals by partnering with them to develop the tools and skills necessary to be successful at Ball State and beyond.

15 to Finish! By completing at least 15 credit hours each semester, students will have earned 120 credit hours in the typical eight-semester (four-year) sequence. Take 15 credits every semester and graduate in four years. This is the formula for success. It will help you and your student reduce debt, accelerate graduation, and launch a career.



CAMPUS RESOURCES

Faculty and staff members are available to help your student navigate the college experience. The following individuals and departments provide a valuable campus support network:

Academic Advisors bsu.edu/advising	Course selection/schedule changes; degree progress; academic policies
Career Center (Lucina Hall, Room 220) bsu.edu/careers	Campus employment; career exploration and planning
Counseling Center (Lucina Hall, Room 320) bsu.edu/counselingcenter	Personal or group counseling; adjustment to college; career exploration; online self-help resources
Disability Services (L.A. Pittenger Student Center, Room 116) bsu.edu/disabilityservices	Accommodations and services for students taking on-campus and distance education courses; accessibility during campus events; faculty mentorship
Cardinal Central (L.A. Pittenger Student Center) bsu.edu/cardinalcentral	A convenient, one-stop location for business processes, resources, and information for students and their families.
Learning Center (North Quad, Room 350) bsu.edu/learningcenter	Free tutoring and Supplemental Instruction; test proctoring for students with disabilities
Multicultural Center 1120 North McKinley Avenue bsu.edu/multiculturalcenter	REACH Summer program for new students; multicultural student organizations; programs and services
Fraternity and Sorority Life (L.A. Pittenger Student Center, Room 133) bsu.edu/greeklife	Involvement in fraternity and sorority life
Office of Student Life (L.A. Pittenger Student Center, Room 133) bsu.edu/studentlife	Campus involvement; leadership and volunteer opportunities; student organizations
Residence Hall Staff bsu.edu/housing	Residence hall policies and procedures; adjustment to college; activities and involvement; living-learning communities events and programs
Office of Financial Aid & Scholarships (Lucina Hall, Room 245) bsu.edu/finaid	Get information and answers to questions about financial aid and scholarships including Federal PLUS loans.
Self-Service Banner myballstate.bsu.edu	Secure gateway to University information and services
Dean of Students (Frank A. Bracken Administration Building, Room 238) bsu.edu/deanofstudents	Support and resources for students, parents, and families with personal concerns; emergency situations; when “life” happens
Web Resources bsu.edu	Locate other resources, including online services specifically for students

TALKING WITH YOUR STUDENT ABOUT ALCOHOL AWARENESS

Students who are informed and have involved parents and guardians are more likely to make healthy choices about alcohol. In fact, parents and guardians are among the most valued and influential sources of information for students. We encourage you to **establish an ongoing conversation** to help prepare your student for the challenges and choices they will face during freshman year and beyond.

EduRisk Prevention Modules

Ball State is committed to student success, and one of the ways we demonstrate this is through the services we provide to students to help them achieve their educational and personal goals for fulfillment after graduation. To help your student prepare for a safe and successful college experience, they are required to complete four short online programs through EduRisk.

These modules cover essential topics:

- Making healthy choices about alcohol and other drugs
- Preventing sexual assault and understanding consent
- Learning effective bystander intervention techniques
- Building confidence to speak out against harmful stereotypes

These programs aim to equip students with crucial knowledge and skills for navigating college life safely and supporting their peers.

Accessing the Modules

Available starting July 1st, 2025, the modules can be accessed:

- via the **MyBallState** portal: Go to myballstate.bsu.edu, search “EduRisk,” and click “EduRisk Training.”
- through a direct link emailed to all new students.

Completion Deadline: August 18th, 2025. We strongly encourage completion before arriving on campus. The University will be automatically notified upon completion.

Support:

- Login Issues: Ball State Helpdesk: bsu.service-now.com/helpdesk or 765-285-1517.

These modules are a key part of Ball State’s commitment to student safety and well-being. Thank you for ensuring your student completes them by the deadline.

Consider these facts:

- One in four college women experience sexual assault or attempted sexual assault.
- Half of all sexual assaults are committed by people who have been drinking.
- Half of all sexual assault victims report they had been drinking when they were assaulted.
- Students who learn and practice effective and safe intervention strategies gain the confidence they need to intervene before sexual assault occurs.

Learn more by visiting bsu.edu/edurisk.



EduRisk also has a goal to provide students with the necessary confidence and skills to intervene and to speak out against stereotypes and the attitudes that perpetuate sexual violence.

Ball State provides many other alcohol and safety awareness initiatives. All of our efforts demonstrate an ongoing commitment that will help students stay safe, make responsible choices, stay out of trouble, achieve their educational goals, and move forward on the career path they desire.

Good Neighbor

Students are always encouraged to call for emergency assistance as needed, even at the risk of disciplinary action for their own conduct. When another person needs critical care or when a situation otherwise warrants emergency response, call 911 immediately. The Good Neighbor Policy allows University officials to waive University disciplinary action regarding alcohol or other drugs for a student if they risked revealing their own violation to seek medical or other emergency assistance for another person. The Good Neighbor Policy typically applies only to individuals committing minor offenses and shall be the judgment of the designated University official. *NOTE: The exception does not apply to any criminal charges.*

Lasting Consequences

Students referred for alcohol-related offenses by law enforcement agencies, whether on or off campus, will face **disciplinary consequences** from Ball State. Typically, a first offense results in a warning and participation in an alcohol education program. For a more serious first offense or repeated offenses, a student may face consequences ranging from parental notification to suspension or expulsion. Poor choices often become part of public and other records—seen or requested by future employers—for years to come. For more information about Ball State's alcohol policy and other conduct expectations, read the Code of Student Rights and Responsibilities at bsu.edu/studentcode.



Future Impact

Talk with your student about why they are attending college and discuss personal and professional goals. **Share your expectations** for their success and remind your student that choices made today will directly affect the future. Alcohol-related convictions can jeopardize graduate or law school admission or prevent a student from entering many professions, particularly those requiring a license, such as teaching or nursing.

Understanding Consent

It is vital that your student understands that consent is a knowing, voluntary, and clear mutual agreement to engage in sexual activity. Consent cannot be given if someone is incapacitated by alcohol, other drugs, or sleep. Students should be aware of two Ball State resources: the Center for Survivor Support (CSS) and Title IX. CSS (765-285-3775) exists to give students inclusive, survivor-centered support through confidential advocacy. The Title IX staff (765-285-1545) will respond to all reports of sex and gender-based discrimination and harassment and will take appropriate steps to address such misconduct, prevent its recurrence, and assist those affected.

Alcohol-Free Activities and Events

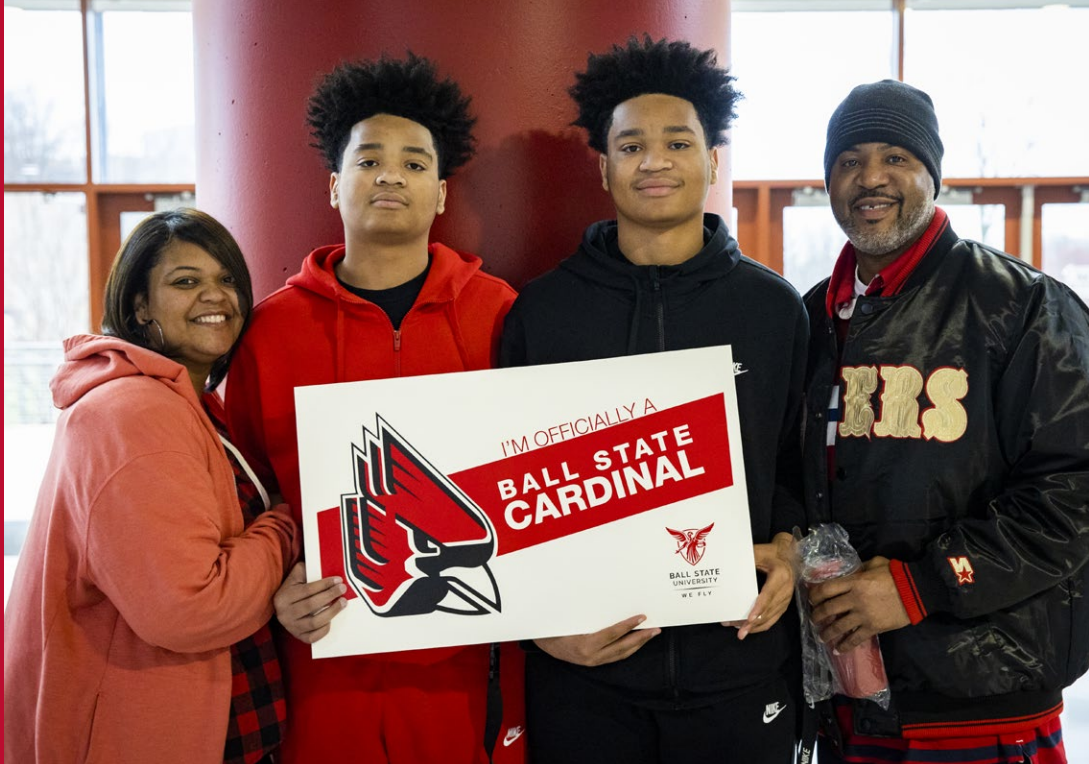
Your students will find many safe and fun activities to do on campus. Some examples include Late Nite Carnival, Spirit and Traditions events, Living Learning Communities, Emens Artist Series, School of Music or Theatre and Dance performances, the Jo Ann Gora Recreation Center, Outdoor Pursuits, and Ball State Athletics events. Most importantly, many of these events are free for students!

Learn more by visiting bsu.edu/alcoholawareness.



Suggested Things To Do For Student Health and Wellbeing

1. **Explore Our Community**—Go for a walk at Christy Woods or see a show at Emens Auditorium. Explore the David Owsley Museum of Art, check out the Rinard Orchid Greenhouse, or star gaze at the Charles W. Brown Planetarium.
2. **Create a Healthy Routine**—Stop by Student Recreation and Wellness Center to work out, join an intramural team, take a class, rent outdoor equipment and go on a trip with Outdoor Pursuits.
3. **Get Involved**—Join a student organization, learn a new skill, or explore a hobby. Find other students with the same experiences or interests.
4. **Attend a Wellness Event**—Check out events sponsored by the Counseling Center, Health Promotion & Advocacy, and Healthy Lifestyle Center to learn about ways to support your health and wellbeing.
5. **Volunteer in the Muncie Community**—Get involved in the Muncie community through community service with local nonprofit agencies.
6. **Student Health Center**—Feeling sick or unwell? Connect with one of our on-site practitioners.
7. **Download Welltrack Boost**—**Welltrack Boost** is a free app for all Ball State students. It can help you understand your stress, anxiety, and depression and teach you techniques to minimize these feelings. Welltrack Boost is a self-guided and interactive way to manage your mental well-being. Log in with your Ball State email address. Use this [link](#) or find the app in the App Store or Google Play.
8. **Connect with Other Students on Togetherall**—**Togetherall** is an online community that offers students a safe and anonymous place to express their thoughts, concerns, and triumphs. Students can draw strength and insights from peers with diverse lived experiences and access a range of self-directed, clinically validated tools to promote positive mental health and wellbeing.
9. **Utilize Resources through the Counseling Center**—Students can connect with the **Counseling Center** through social media (Facebook, Instagram, Twitter, YouTube, or TikTok), sign up for a self-care challenge to get regular tips on improving their mental health or stop by the Counseling Center's Resource and Relaxation room to spend a few minutes in one of their free massage chairs or use their coloring station. They also offer therapy for free to all Ball State students.
10. **Get Immediate Help—Ball State Crisis Line** (765-285-HOPE)—If students are struggling with a mental health concern, Ball State University offers a 24/7 Crisis Line. The Crisis Line is staffed by trained professionals available to provide immediate support and assistance to any Ball State student who needs it.



TALKING WITH YOUR STUDENT ABOUT BECOMING **INVOLVED IN CAMPUS LIFE**

Active engagement in campus life has a significant and positive impact on student learning and personal achievement. Student engagement takes the form of campus employment for some students, membership in student organizations for others, and attendance at campus events for most students. They can start in a place and at a comfortable level and see where it goes (and grows) from there. Encourage your student to attend the Activity Fair during Weeks of Welcome and learn more about 300 student organizations at bsu.edu/studentlife.

Talk with your student about these campus involvement options:

All-Campus Organizations

Students represent Ball State in public, organize student and campus events, and develop leadership skills in these organizations that serve the greater University community.

Department and Professional Organizations

Students experience the work world before graduation. These groups often take part in professional conferences and network with top business leaders.

Fraternity and Sorority Organizations

Ball State has more than 30 fraternities and sororities promoting leadership and scholarship.

Honorary and Professional Fraternities and Sororities

These groups promote academic excellence and scholarship. Membership often requires a minimum grade point average or academic standing.

Multicultural Organizations

Students find the support and friendship of other students who share their rich cultural Heritage, or learn more about the history and experiences of members.

Performing Arts Organizations

Students don't need to be music or dance majors to join one of the bands, choirs, dance troupes, or theatre groups.

Religious Organizations

Students can connect with other students who share their spiritual beliefs or learn more about a religion.

Service Organizations

Students can give their time to a worthwhile cause while enjoying the fellowship of others who share their commitment to service and leadership.

Special Interest Groups

Students will find groups of all kinds here, including improv comedy, human rights, motorsports, scrapbooking, and more.

Sports and Recreation Groups

Wakeboarding, fishing, fencing, skydiving, and judo are just a few of the sports organizations students will find at Ball State.

University Housing Organizations

Students can develop their leadership skills, build a sense of community, and connect with others through University housing organizations.

Commuter Students

The transition to college is both exciting and challenging as students encounter new people, learn to navigate campus, work to meet academic expectations, and acclimate to college policies and procedures. Because the adjustment to Ball State can present unique challenges and opportunities for first-year commuter students, the Commuter Success Program partners with first-year commuting students as they seek to achieve success at Ball State. We provide dedicated programming, targeted support through peer mentors and certified professional student success coaches, and intentional referrals to campus resources. The annual Commuter Success Kick-Off, our first event of the semester, is held during Weeks of Welcome on the Friday before the start of the semester (August 15) from 1-4 p.m. and will help your student connect with our staff through a BINGO scavenger hunt, learning about campus resources, and fun giveaways. The best way for commuters to learn about upcoming Commuter Success Program activities and events is to check their Ball State email account daily, regularly log in to our website (bsu.edu/commuters), and follow us on Instagram at [commute_bsu](https://www.instagram.com/commute_bsu).



BENEFACTENCE PLEDGE

Members of the Ball State University community:

- **Pledge to maintain high standards of scholarship and excellence**
To work with students, faculty, and staff to strengthen teaching and learning on campus.
- **Pledge to practice academic honesty**
To model and uphold academic integrity, to honor their peers and earn the trust and respect from all members of the community.
- **Pledge to act in a socially responsible way**
To treat each person in the Ball State community with civility, courtesy, compassion, and dignity; to respect the property and environment of the campus.
- **Pledge to value the intrinsic worth of every member of the community**
To respect and learn from differences in people, ideas, and opinions.

Find the Beneficence Pledge at bsu.edu/pledge and the Code of Student Rights and Responsibilities at bsu.edu/studentcode.

BALL STATE UNIVERSITY

Bystander Intervention Tips

Step In. Speak Up.

bsu.edu/respectconsent #StepInSpeakUp

Step In.

WHEN SOMEONE IS IN TROUBLE

- Offer help
- Create a diversion
- Separate the person at risk from the danger

Speak Up.

WHEN SOMEONE IS ASSAULTED

- Acknowledge things aren't right
- Listen carefully and offer support
- Offer to assist with resources

Campus Resources

- **Our website** provides a wealth of information to raise student awareness about sexual assault, dating violence, and stalking. Learn about campus prevention and involvement opportunities. bsu.edu/respectconsent





BALL STATE UNIVERSITY

Division of Student Affairs

The information presented here, correct at the time of publication, is subject to change.

Ball State University is an equal opportunity employer. All qualified applicants will receive equal consideration for employment without regard to race, religion, color, sex (including pregnancy), sexual orientation, gender identity or gender expression, disability, genetic information, ethnicity, national origin or ancestry, age, protected veteran status, or any legally protected status. MC-71269-25