

# THE CAN CHRONICLE

## DON'T BE IN A RUSH TO FLUSH...HERE'S SOME NEWS YOU CAN USE

### September 2015 – Issue 1

Co-Editors Shannan Breault and Cheryl Perog

Dr. Justine Shuey presents:  
“Not your typical Sex  
Talk”

September 17th at  
8:00 p.m.  
Bouck Theater



Stop by our education tables for  
goodies & to enter for a chance  
to win “the giant shoe”!

## RED ZONE RECAP

The first six weeks of the semester is known as The Red Zone. Why is it called the Red Zone? Because there are more sexual assaults reported on U.S. college campuses during this time than at any other time during the school year. Freshmen are especially vulnerable to sexual assault during this time for several reasons, including:

- Students are meeting new people, trying to fit in, and may have lowered their guard.
- Students may be participating in certain activities for the first time.
- Students have less parental supervision and increased independence, which may lead to certain behaviors such as experimenting with alcohol or other drugs.
- Students are adjusting and getting oriented to a new environment.

## R.A.D.

### Rape Aggression Defense Course

Instruction in prevention and risk reduction strategies along with realistic and dynamic hands-on physical training.

Oct. 26th, Nov. 2nd, 9th & 16th  
5 p.m. – 8 p.m.

Anyone interested in participating  
can contact Donna Pesta at  
[pestadh@cobleskill.edu](mailto:pestadh@cobleskill.edu)

## Making the Leap

By Will Kelly Assistant Director of Residential Life/Director of Fake Hall

The first six of weeks of freshmen year are typically the hardest six weeks of your college career. Everything is new. You are living in a new place; taking more advanced classes; surrounded by people that you don't know all that well; and most likely missing the ease of high school. This is a normal transition that most college students go through, whether they look like they are or not. Here are some tips to help make your transition to SUNY Cobleskill a little easier.

1. **Put Yourself Out There Early and Often.** If you introduce yourself to people in the beginning, it won't seem weird, and they will most likely be grateful that you took the first step.
2. **Get Involved.** There are over 40 currently active clubs on campus. Find one or two that sound interesting and attend a meeting.
3. **Think Back, but Look Forward.** Think back to when you first found out that you were accepted to SUNY Cobleskill, and the excitement that you felt to attend college. Set goals regarding grades, internships, future careers, and actively work to achieve them.
4. **Avoid Going Home on the Weekends.** While it is more comfortable to go home and see your high school friends every weekend, it won't help you to make connections at Cobleskill. Instead, call home or call your high school friends to talk about your highlights for the week.
5. **Establish Relationships with Potential Resources.** It is much easier to talk to someone when you need help if you already know them. Get to know your RA, your RD, your professors, your advisor, the Wellness Center, the Student Success Center, CASE, UPD, etc... before you need them. It will make approaching them with a problem much easier.

If you are struggling with your transition to college, reach out. We have all been there, and we will listen and offer advice. We want SUNY Cobleskill to feel like home, and our doors are always open!

## Drugs: Is Natural “Safe?”

Danielle Reu, LMHC - Beard Wellness Center

Nature's way is often considered by others to be “safe” and “healthy.” This is not always true. Several illegal and dangerous drugs grow naturally in the environment. Some examples of this are marijuana, peyote, opium poppies, psilocybin mushrooms, and salvia. Like many things, over time plants are bred for certain characteristics. This is particularly true with marijuana which has greatly increased in potency (strength) in the last 50 years. Just because a drug grows naturally does not mean that it is safe to use. Some risks of using these include: anxiety, paranoia, poisoning, memory loss, and negative sexual side effects.

*SUNY Cobleskill has a zero tolerance towards sexual violence.*



## The Wellness Center

Schedule on-line at: <http://patient-cobleskill.medicatconnect.com> OR Call for an appointment

Phone 518-255-5225 Fax 518-255-5819

Monday – Friday 8:00a.m. – 4:15p.m.

For after hour emergencies call University Police at 518-255-5555

UPD Anonymous Tip Line <https://secure2.cobleskill.edu/tipline>.

National Suicide Prevention Crisis Hotline 1-800-273-8255

Mobile Crisis Assessment Team (MCAT) – 1-877-269-6699 or 1-844-732-6228 (24 hours a day/7 Days a week)