Welcome to The Potty Press

Welcome to college and welcome to Oneonta. We’re so glad you’re here. There are lots of unique opportunities and experiences to be had in your years here. The Potty Press in a regular newsletter that you will find in bathroom stalls in residence halls and select other buildings on campus. Each issue will discuss a variety of health issues. The Potty Press is just one activity of the CHOICES Peer Educators, a group of students who work with the Office of Health Education. We welcome new members and any input you have for future issues of The Potty Press, you can even become a fan of The Potty Press on Facebook. Email us at CHOICES@oneonta.edu to learn more.

This issue is a special freshman edition (you may notice a different edition in your years here. The Potty Press is a regular newsletter for learning for students who work with the Office of Health Education. We welcome new members and any input you have for future issues of The Potty Press, you can even become a fan of The Potty Press on Facebook. Email us at CHOICES@oneonta.edu to learn more.

Important Phone Numbers

You should consider adding all of these phone numbers to your cell phone and have a copy somewhere else, too.

- University Police (UPD) & Oneonta State Emergency Squad (OSES) (607) 436-3550. Remember, dialing 911 on your cell phone will not connect you to UPD.
- Your RA and or Residence Hall Cage (the “cage” is the desk area in the lobby).
- Taxi cab companies.
- Your roommate & close friends.

Learning Your Way Around

Now that you are officially here, campus looks different than it did when you visited. It doesn’t! Here’s a suggested order for learning the buildings: dining halls; academic buildings you have classes in; Hunt Union & the bookstore; the laundry room; Counseling, Health & Wellness Center; Milne Library, University Police, & Netzer; academic buildings you don’t have classes in, & other residence halls.

Preventing Sexual Assault

Emerging research is changing how we look at sexual assault prevention. The focus is finally beginning to be on the person committing the crime and not the people who are attacked.

The majority of sexual assault offenders are repeat offenders. They fly under our radar by posing as “nice guys” who maybe had a few too many to drink and made a poor decision (Lisak, 2007). Be wary of anyone repeatedly offering you drinks or drugs or one who wants to take you away to a more secluded place…even your own room.

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Tips from Upperclassman

- Learn what types of things your RA & ATM can help you with. They are great resources. Use them.
- You are not weak or a failure if you experience homesickness. If it really hits you hard the counselors at the Counseling Center can be a big help. Don’t be afraid to reach out for help when you need it.
- If you are looking for a job, start your search as soon as possible, check in with dining services (OAS) in Hunt Union and the Career Development Center in Netzer.
- Find out where the laundry room is and how to use it (hint: you’ll need your ID card to get in).
- You have a print quota (about $1.5). Use it wisely.
- Get to know your building, where things are, the people who live and work there.
- Learn the bus schedule.
- Learn where the blue poles are and why you might need them.
- There’s a cellphone charger in Hunt Union -in case you misplace or leave yours at home by accident.
- If you haven’t noticed already, we use lots of acronyms here. If you don’t know what something means, ask.

Positive Party Tips

1. Be safe, have a plan that includes getting home. 2. Alternate alcoholic & non-alcoholic drinks. 3. Don’t drink on an empty stomach. 4. Drink water before, during and after consuming alcohol. 5. Set a limit (no more than 1 drink per hour) and count your drinks (mixed drinks may be equal to 2 or more drinks). 6. Remember, most people overestimate how much other people are drinking. 7. Keep an eye on your drink. 8. Avoid drinking games—the rapid intake of alcohol is dangerous. 9. Don’t drink to cope. Alcohol makes your body more stressed and less able to deal with what is already stressing you. 10. Remember, it’s always OK not to drink.

Know Your Greeks

Recognized sororities: Chi Upsilon Sigma (ΣΣΣ), Chi Sigma Delta Tau (ΣΔΤ), Phi Sigma Gamma (ΦΣΓ), Sigma Gamma Phi (ΣΓΦ), Sigma Sigma Sigma (ΣΣΣ), Mu Delta Chi (ΜΔΧ), Phi Delta Chi (ΦΔΧ).

Recognized fraternities: Phi Beta Sigma (ΦΒΣ), Phi Kappa Psi (ΦΚΨ), Chi Phi (ΧΦ), Kappa Sigma (ΚΣ) seeking college recognition, Alpha Phi Delta (ΑΠΔ) seeking college recognition.

What you should bring with you...

<table>
<thead>
<tr>
<th>If you are going</th>
<th>Bring these items</th>
<th>Bonus knowledge</th>
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</thead>
<tbody>
<tr>
<td>Anywhere</td>
<td>Keys, ID, A00 number (memorize it!)</td>
<td>Choose a location in your room &amp; in your bag where you will always put these items. Make it a habit.</td>
</tr>
<tr>
<td>Dining Hall</td>
<td>ID, ID, ID</td>
<td>Don’t eat the grilled cheese everyday. The salad bar isn’t there just for aesthetics. Try it out.</td>
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<tr>
<td>Class</td>
<td>Books, note taking tools</td>
<td>Professors are aware of how prepared you are. Get to know them by visiting during their office hours.</td>
</tr>
<tr>
<td>Downtown</td>
<td>$, cell phone</td>
<td>You never know if you’ll need a taxi to get back to campus.</td>
</tr>
<tr>
<td>To An Off-Campus Party</td>
<td>People you can trust, your cell phone</td>
<td>Be smart. Don’t go to places where you don’t know the hosts. Know how you are going to get home safely.</td>
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