2015-2016 Risk Management Series
Alcohol Toolkit
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Ensuring Safety for a Person Who is Passed Out

Assess the Situation

1. Are they responding to your voice, touch, or shaking?
2. Check on their breathing:
   • 8 regular breaths per minute
   • Consistent breathing with breaks of 10 seconds or longer.
3. Find a pulse
4. Information to consider:
   • Does the individual have any medical conditions, particularly diabetes or asthma?
   • Have they taken any type of legal or illegal drug, especially painkillers, benzodiazepines, or Adderall?
   • How much alcohol/drugs did they consume, particularly in the past 90 minutes?

Taking Action

Call for immediate help (911) if the person is:
• Breathing less than 8 times per minute.
• Breathing irregularly, especially if there are gaps between breaths of 10 seconds or more.
• Not registering a pulse when you check their neck or wrist.
• Diabetic or has a seizure disorder.
• Close to the warning signs mentioned above and has consumed a large amount of alcohol/drugs in the last 90 minutes.

If not calling for help:
• Place the individual on their side. Prop them up with blankets or pillows.
• Continue to monitor breathing and pulse every 15 minutes for 2-3 hours.
• Keep the individual warm.

Recognizing the Signs of Problematic Drinking
• Academic and/or behavioral problems in school
• Changing groups of friends
• Less interest in activities and/or appearance
• Finding alcohol among a young person’s things or smelling alcohol on their breath
• Slurred speech
• Coordination problems
• Memory and/or concentration problems
Preparing to Talk an Individual with Alcohol or Drug Issues

It is best to say it to them shortly after the event, but when the person is completely SOBER. The next day when they are fully coherent is a good time to talk with them.

Privacy and limiting the number of individuals present is encouraged, unless their issue is very serious.

Talk to them with genuine concern and care for their well-being.

No laughing or teasing to minimize the incident.

Don't avoid the incident/s.

Don't get discouraged if they resist your attempt to help.

The more you talk to somebody about their drug and alcohol use, the more likely they will be receptive to help in the future.

What To Say When Someone’s Drinking or Drug Use Concerns You or Causes Problems

First time this has occurred or first time you have addressed their drinking/drug use:

“Do you remember what happened last night?” or “Are you ok?”

You are concerned about what has happened but don’t necessarily think they have a major drinking problem:

“I am concerned about your drinking.” Tell them why you are concerned in one or two sentences at most.

You are concerned because they are having a problem with drinking or something is bothering them to cause them to drink excessively:

“I am concerned about your drinking. Would you be willing to talk to somebody about your drinking?”

You are sure there is a problem and have said something before:

“I recommend you talk to somebody about your drinking.” Give them options of who they can talk to.

When a friend tells you “I’m going to get turnt tonight”:

Check out the reason your buddy wants to get wasted. Is it just to blow off steam, or is your buddy struggling with something more significant, such as the loss of a relationship, or just feeling alone and misunderstood. If they are struggling with a deeper issue, maybe getting wasted isn't the best thing to do. If it is something significant, tell your buddy they don't have to struggle alone. Offer to spend time with them over a meal or some other activity. Solutions and suggestions are not required. Listening is often the most helpful thing to do.

When the individual is having too much to drink throughout the course of the night:
“Why don’t we take it easy for now?”

Change location: “Let’s go someplace else for a while.”

Change activity: “Let’s play darts for a while.”

Change beverage: “Let’s pace ourselves with a glass of water or Coke.”

Use a compliment: “Those are cute shoes! Where did you get them?”

Divert them from the area and have a discussion not related to their drinking.

Be a good model of behavior.

If they are unresponsive to your intervention, you can try to be more direct about their drinking, but do not be discouraged if they dismiss your attempt.

Definitely follow up the next day when they are sober if you are concerned about their behavior.

When the individual is being aggressive after having too much to drink- deflect:

“How ‘bout those [insert Buddy’s favorite sports team here]?”

“Did you see [insert popular TV show] this week?”

“Did you hear what [insert name of buddy or acquaintance] did in class?”

When an explosive situation needs to be diffused- get distance between your friend and that location:

“Let’s go outside to get some air.”

“Let’s go to (insert name of buddy)’s apartment.”

“Let’s go over there (across the room) and see who we can find.”

When it is necessary to deescalate strong emotions by introducing other friends into the situation.

Get help: “Austin, Joe, Kelsey…I need your help over here.”

Make eye contact with your friend and speak in calm manner.

Ask your friend to sit down and take a breath.
The Good Samaritan Law Simplified

The new Nebraska Good Samaritan Law takes effect on August 30, 2015.
The law was created to encourage minors to seek medical assistance for themselves or friends when they suspect acute alcohol intoxication.
The law provides legal immunity to both the intoxicated minor and the first person to request help for an intoxicated individual. Immunity for the caller is contingent upon them remaining on the scene until law enforcement and/or medical personnel arrive and cooperating with these officials.
Students can call 911 when they suspect acute alcohol intoxication without fear of receiving an MIP.
The law only provides legal immunity for MIPs, it does not cover immunity for assaults, procuring for minors, disorderly house, etc.

Use “Buddy” or Group System
Stay Together & Watch Out for Each Other!

Staying together is a good way to ensure safety, whether during a night of drinking out on the town or when a person has had too much to drink. Set expectation to be responsible and help one another. Always tell people where you are going and check in with your “buddy” often Make sure your cell phone is charged
Alcohol and Other Drug Resources at CAPS
UNL Counseling and Psychological Services (CAPS): (402) 472-7450
http://health.unl.edu/caps/services/alcohol

Individual Counseling | Individual counseling sessions are available through CAPS for alcohol and other drugs. However, our clinic does not provide individual therapy services for students who are required by law to seek treatment for a legal offense.

Alcohol and Drug Harm Reduction Group | CAPS provides a free weekly group for students that want to make better decisions about their alcohol and/or drug use. It is not Alcoholics Anonymous or treatment. Abstinence is not required to attend the group. It is a place where a student can speak honestly about their current use and get feedback without feeling judged or pressure to change.

BASICS | BASICS (Brief Alcohol Screening and Intervention of College Students) is a preventative alcohol abuse intervention program designed specifically for college students. BASICS is conducted over the course of two 50-minute interviews. The intention is to increase a student’s awareness of their drinking behaviors and assist them in making adaptive changes in their decisions with alcohol. There may be recommendations provided to the student, but the sessions are conducted from a collaborative and non-judgmental approach.

CASICS | CASICS utilizes the same approach and philosophy as BASICS. However, CASICS is specifically designed to address issues related to marijuana use.

Alcohol and Drug Evaluation | This service utilizes a thorough interview and testing of a person’s drinking and drug use for the purpose of making formal recommendations about the possible need for treatment. CAPS can conduct evaluations and assist the student find treatment options that will suit their needs.

Alcoholics Anonymous | Due to scheduling challenges, a meeting for the fall 2015 semester has not been planned. Please inquire with our front desk regarding future meeting availability. CAPS would also be happy to provide recommendations and meeting schedules of Alcoholics Anonymous, Al-Anon, and other support groups within the community of Lincoln.

Student Mentors | CAPS can provide the name and phone number of students that currently attend UNL who are dedicated to helping others with alcohol and drug related difficulties.

Consultation | Students, parents, and faculty are encouraged to call CAPS to discuss problems they may be facing pertaining drugs and alcohol. Clinicians at CAPS are here to assist you or loved ones in finding the help you need to deal with issues involving substance use. These counselors can help you assess, intervene, and provide treatment options on and off campus.

Alcohol Self-Assessment | Take a brief and confidential survey on our CAPS website to find out if you would benefit from alcohol and other drug services.
Other Resources
UNL Women’s Center: (402) 472-2597
The Psychological Consultation Center: 402-472-2351
National Sexual Assault Hotline: 1-800-656-HOPE (4673)
National Suicide Prevention Hotline: 1-800-273-TALK (8255)

What is Considered One Drink?

<table>
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<tr>
<th>12 fl oz of regular beer</th>
<th>8–9 fl oz of malt liquor (shown in a 12 oz glass)</th>
<th>5 fl oz of table wine</th>
<th>1.5 fl oz shot of 80-proof spirits (“hard liquor”— whiskey, gin, rum, vodka, tequila, etc.)</th>
</tr>
</thead>
<tbody>
<tr>
<td>about 5% alcohol</td>
<td>about 7% alcohol</td>
<td>about 12% alcohol</td>
<td>about 40% alcohol</td>
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</tbody>
</table>

The percent of “pure” alcohol, expressed here as alcohol by volume (alc/vol), varies by beverage.

Responsible Drinking Tips

Know your limits. There’s lots of fun to be had if you stay within your limit. The goal is to learn how to have as much fun as possible as long as possible. The formula for fun is simple: Food + H2O + Buddies

Eat food before and while you drink.

Sip your drink aka slow down!

Have a glass of water with your drink, between drinks or sip it while you drink.

Keep track of how many drinks you are consuming

Beware of unfamiliar drinks and don’t accept drinks from people you don’t know

Respect the rights of individuals who do not wish to drink.

Drink for quality vs. quantity.

Plan ahead for transportation- don’t drink and drive- it’s never worth it.

Call a friend, roommate, family member, cab, Uber or Lyft, 475 Ride

When booking your taxi you must either use our APP with the promo code 475RIDE or call us at 402-202-2222 and ask for the 475 Ride program. You can hail any cab you see vacant and ride as well. You will need to provide the driver your Student ID upon starting the ride. NO STOPS. The driver can only take you on a direct route home, if you require a stop the ride WILL NOT be paid for by the program.
Panhellenic Council Social Policy

SECTION 1  Limitations and Liability
A. Limitations
1. The Panhellenic Association Social Policy does not supersede any federal, state, or local laws as well as any University or fraternity inter/national policies.
2. The Panhellenic Association supports all federal, state, and local laws as outlined in the University of Nebraska – Lincoln Panhellenic Association Alcohol Policy.

B. Liability
1. The Panhellenic Association accepts no liability for incidents involving its’ individual chapters and their members when any federal, state, or local laws and/or any University or fraternity inter/national policy is being violated.

SECTION 2  Social Functions
A. Definition
1. Individual fraternity inter/national policy defines a social event, and that definition will be applied to that chapter and its activities.
2. In the event of such policy not being defined, a social function shall be defined as any activity sponsored by a chapter and/or an event where at least five members are in attendance, where alcohol is present.

B. Classifications
1. A social function shall be:
   i. Social Event
   ii. Multi-Chapter Events
   iii. Third party Venues
   iv. Alumni and/or Parent Events
   v. Sisterhood Events
   vi. Tailgates
   vii. Party Buses
2. Social Functions with themes that are racially insensitive, ethnic or gender discriminant, and/or otherwise offensive shall be strictly prohibited.

C. Informational Signs
1. The following information must be posted via signs and visible at all time at all social functions:
   i. Non-Alcoholic Beverages Available
   ii. Food Available
   iii. Location of Restrooms
   iv. Taxi Phone Numbers

D. Tailgates
1. A tailgate shall be defined as an event held prior to a sporting event, where alcohol is present.
2. Tailgates shall be limited to four (4) hours prior to the sporting event and must end by the start of the sporting event.

SECTION 3  Alcohol Policy
A. Introduction
1. The following alcohol policy must be followed for all social functions, regardless of classification.
2. The following policy does not precede rules and regulations set out in the Panhellenic bylaws.
3. The following alcohol policy does not apply to third-party venues with a valid liquor license.

B. Distribution
   1. Alcohol may be served for a period of no more than four (4) hours.
   2. Alcohol must not be served after 2:00 a.m.
   3. If a social event classifies as “Bring Your Own Beverage” (BYOB), an individual of legal age may bring one six-pack of twelve-ounce beers or one four-pack of wine coolers to an event for personal consumption.
   4. Guests may not remove alcohol from any social function.
   5. Kegs or the use of “beer bongs” and/or any other devises that permit mass consumption of alcohol shall be prohibited at all times.

C. Alternative Beverages and Food
   1. Individually wrapped snack foods and individually canned or plastic bottled non-alcoholic beverages must be readily available at all social functions.
      i. Snack foods shall be non-salted.
      ii. Alternative beverages and food must be easily accessible at all times, and offer enough to reasonably last the duration of the social function.

D. Liquor Policy
   1. Chapters shall abide by the following liquor (hard alcohol) policies during social functions
      i. All liquor is strongly discouraged, regardless of alcohol content.
      ii. Liquor over 30 proof shall be strictly prohibited.
      iii. Liquor shall not be served straight or in shot form at any time, including mixed shots.

SECTION 4 Social Function Monitoring Program

A. Alcohol-Free (Sober) Members
   1. A chapter is suggested to have at least ten percent (10%) of the social functions attendees serve as alcohol-free members for the duration of each social function.
      i. It is suggested that alcohol free members are in attendance at the social function.
      ii. An alcohol-free member must abstain from consuming alcohol for the entire day that he is serving this role.

   2. Alcohol-free members should monitor social functions, intervene in events that threaten safety of persons at the event, and ensure that proper authorities are notified whenever the situation calls for such action.
      a. Responsibility is not limited to alcohol-free members.

B. Self-Monitor System
   1. Each individual chapter is responsible for monitoring their own social functions and ensuring that the functions do not violate Panhellenic and/or their own risk management and social policies.

   2. Violations of any policy must be handled according to Article IX of the University of Nebraska – Lincoln Panhellenic Association Standing Rules.
      i. The Panhellenic Judicial Board may additionally or alternatively handle violations of any policy.

C. Self-Reporting System
   1. A chapter must notify the Panhellenic Advisor in Greek Affairs Vice President of Administrative Affairs immediately if a social function has police intervention.
i. Police intervention shall be defined as member(s) being cited for a legal violation. The name(s) of member(s) being cited will remain confidential.

ii. Failure to report to the Panhellenic Advisor in Greek Affairs Vice President of Administrative Affairs will result in a Panhellenic Judicial Board Review and/or add to the severity of the violation.

D. New Member Education
   1. All new members must learn the social policies of the Panhellenic Association and of the individual chapter prior to attending any social function.
   2. All active members, both initiated and uninitiated, must review the social policies prior to the first social function of a semester.

Interfraternity Council Social Policy

SECTION 1 Limitations and Liability
C. Limitations
   3. The IFC Social Policies do not supersede any federal, state, or local laws as well as any University or fraternity inter/national policies.

D. Liability
   2. The IFC accepts no liability for incidents involving its’ individual chapters and their members when any federal, state, or local laws and/or any University or fraternity inter/national policy is being violated.

SECTION 2 Social Functions
E. Definition
   3. Individual fraternity inter/national policy defines a social event, and that definition will be applied to that chapter and its activities.
   4. In the event of such policy not being defined, a social function shall be defined as any activity sponsored by a chapter and/or a substantial percent of its members, where alcohol is present.

F. Classifications
   3. A social function may be, but is not restricted, to the following classifications:
      i. Social Event
      ii. Multi-Chapter Events
      iii. Third party Venues
      iv. Alumni and/or Parent Events
      v. Brotherhood Events
      vi. Tailgates

   4. Social Functions with themes that are racially insensitive, ethnic or gender discriminant, and/or otherwise offensive shall be strictly prohibited.

G. Tailgates
   3. Tailgates shall be limited to four (4) hours prior to the game and must end by the start of the game.

SECTION 3 Alcohol Policy
E. Introduction
   4. The following alcohol policy must be followed for all social functions, regardless of classification.
5. The following policy does not precede rules and regulations set out in the IFC by-laws, specifically Article VI.

6. This policy does not apply to events held at or through legitimate third-parties.

F. Distribution

6. Alcohol may be served for a period of no more than four (4) hours.
7. Alcohol must not be served after 2:00 a.m.
8. Guests may not remove alcohol from any social function.
9. Kegs or the use of “beer bongs” and/or any other devices that permit mass consumption of alcohol shall be prohibited at all times.

G. Alternative Beverages and Food

2. Individually wrapped snack foods and individually canned or plastic bottled non-alcoholic beverages must be readily available at all social functions.
   iii. Alternative beverages and food must be easily accessible at all times, and offer enough to reasonably last the duration of the social function.

H. Liquor Policy

2. Chapters shall abide by the following liquor (hard alcohol) policies during social functions
   iv. All liquor is strongly discouraged, regardless of alcohol content.
   v. Liquor over 30 proof shall be strictly prohibited.
   vi. Liquor shall not be served straight or in shot form at any time, including mixed shots.

I. Alcohol-Free (Sober) Members

3. A chapter must have at least ten percent (10%, of the attending fraternity members, or four (4) members, whichever is fewer, serve as alcohol-free members at each social function.
   iii. An alcohol-free member must abstain from consuming alcohol for the entire day that he is serving this role.

SECTION 4 Social Function Monitoring Program

A. Self-Monitor System

3. Each individual chapter is responsible for monitoring their own social functions and ensuring that the functions do not violate IFC and/or their own risk management and social policies.

4. Violations of any policy must be handled within the chapters Judicial Board, established in the IFC by-laws Article III, Section 4.

B. Self-Reporting System

2. A chapter must notify the Director of Risk Management immediately if a social function has police intervention.
   i. Police intervention shall be defined as member(s) being cited for a legal violation.
   ii. Failure to report to the Director of Risk Management will result in an IFC Judicial Board Review and/or add to the severity of the violation.

C. New Member Education

3. All new members must learn the social policies of IFC and of the individual chapter prior to attending any social function.

4. Seventy-five percent (75%) of each chapter shall review the social policies prior to the first social function of a semester.
Nebraska Alcohol Laws

Individuals under the age of 21 may not consume or have alcohol in their possession or physical control in Nebraska.

No person shall sell or give away alcohol to a minor in Nebraska.

Under the dram shop and social host liability law, adults and/or retailers who provide or sell alcohol to a minor can be held civilly liable if the intoxicated minor injures or kills someone.

Providing alcohol to minor is a Class I misdemeanor. Adults who provide alcohol to minors can spend up to a year in jail, receive a $1000 fine or both. Recent jail sentences ranged from two months to a year.

You can serve alcohol in a restaurant, work as a bartender, or sell spirits in a liquor store at age 19 in Nebraska, but you must be 21 to consume alcohol.

The Nebraska .02 law or "zero tolerance law" is a law to prevent minors from drinking and driving. The .02 law makes it unlawful for anyone under the age of 21 to have a measurable amount of alcohol in their body while driving on Nebraska roadways.

Resources

http://health.unl.edu/caps/services/alcohol
http://buddy.ku.edu/about
http://www.totoldui.com
http://success.unl.edu/
http://www.reportunderagedrinking.com/index.php
## Fall 2015 Academic Success Workshops

Visit success.unl.edu for more information on our workshops.

All students are welcome to attend General or International workshops.
All workshops are one hour. No registration required.
General workshops are held in Love Library South, 221. (*Unless otherwise noted.)
International student workshops are held in Love Library South, 224. (*Unless otherwise noted.)

### General Workshops

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### International Student Workshops

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<tr>
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<td>4:00 PM</td>
<td>Strategies for Success in the U.S. Classroom</td>
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</table>

### October

<table>
<thead>
<tr>
<th>Date</th>
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<th>Topic</th>
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<tbody>
<tr>
<td>6 Tues</td>
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<td>Group Work</td>
</tr>
<tr>
<td>7 Wed</td>
<td>4:00 PM</td>
<td>Strategies for Success in the U.S. Classroom</td>
</tr>
<tr>
<td>13 Tues</td>
<td>4:00 PM</td>
<td>Strategies for Success in the U.S. Classroom</td>
</tr>
<tr>
<td>14 Wed</td>
<td>4:00 PM</td>
<td>Academic Honesty</td>
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### November

<table>
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<tr>
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<th>Topic</th>
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<tbody>
<tr>
<td>10 Tues</td>
<td>4:00 PM</td>
<td>Group Work</td>
</tr>
<tr>
<td>11 Wed</td>
<td>4:00 PM</td>
<td>Academic Honesty</td>
</tr>
<tr>
<td>17 Tues</td>
<td>4:00 PM</td>
<td>Academic Honesty</td>
</tr>
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### Fall Check-In (First-Year Students Only)

#### September

*Attend one session*

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>14 Mon</td>
<td>3:00, 4:00, 5:00 PM</td>
<td>Union Ballroom</td>
</tr>
<tr>
<td>15 Tues</td>
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<td>Union Ballroom</td>
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<tr>
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<td>Union Ballroom</td>
</tr>
<tr>
<td>17 Thurs</td>
<td>3:00, 4:00, 5:00 PM</td>
<td>Union Ballroom</td>
</tr>
</tbody>
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It is the policy of the University of Nebraska-Lincoln not to discriminate based upon age, race, ethnicity, color, national origin, gender, sex, pregnancy, disability, sexual orientation, genetic information, veteran's status, marital status, religion, or political affiliations.