Welcome Back and Happy New Year!!!

We hope that your holiday was filled with many wonderful memories. Spring semester is here and it offers all of us a time to reflect on the past year and begin the resolutions you may have made on New Year’s eve.

Are these resolutions on your list?

Join a club!! Pacific offers a variety of student clubs and organizations just waiting for you to become a member. Clubs and organizations offer social and professional based interests that will begin the networking you are looking for.

Attend school events!! Make time to be nice to yourself! Make a plan to minimally attend at least one event this semester. The variety of events available to you are numerous: Athletic—Drama—Art Show—Music—Lectures—just to name a few. The hardest decision is which one to attend — suggestion—go to all of them!!!

Explore other areas of study!! You may have found the ideal area of study for you. Have you ever asked another student to tell you about their major? There is potential to add a second major to your program.

Don’t procrastinate!! Time is not always on your side. Time is a treasured possession we have. If you can manage your deadlines, papers, and assignments and have everything done ahead of time, you have given yourself a special gift—time to do other things: extra sleep—less stress—having some fun!!
WHAT WOULD YOU DO?

Public Safety is reaching out to our community in asking you to take proactive steps in keeping yourself safe on and off the campus. We are asking you what would you do? Please know that we are here to help in any way we can.

I think I’m being followed!!! Ever have that uncomfortable feeling - that vehicle behind you has been following you around town and onto campus? Call public safety with a description of the vehicle and the location. Our officers would be happy to check it out!!

See someone looking in vehicles on campus or hanging around the bicycle racks!!! Call public safety with a description of the individual and a location of where they are.

Walking through campus and finding areas that need lighting or seeing lights that are not working!! Call public safety and let us know what area needs attention. Our stripes, officers, and physical plant personnel check daily however something may be missed. You can be of help if you call it in!!

Have a “funny feeling” as you are walking on or around campus!! Do you know where the closest emergency phone is located on campus? It’s much easier to head to the nearest emergency phone than run across campus to your residence and call public safety. Familiarize yourself with the location of emergency phones on your next stroll through campus.

Hosting parties?? Parties are a great way to socialize. Please keep your neighbors in mind regarding noise levels. If your party grows in size into an unmanageable group of guests you can call public safety and they will help bring the party down to a doable size.
During the holiday break, Dominic Deiro was the passenger of an SUV driven by a suspected drunk driver. According to the Stockton Record, the vehicle he was in flipped in a solo-vehicle accident on Brookside Drive at a bend near Pacific Avenue. Five people were in the car when it rolled over, landing in a University of the Pacific parking lot. Two others were injured, but Deiro was the only fatality. Deiro studied at San Joaquin Delta College. He planned to transfer to San Diego State University, with the dream of one day becoming a sports agent. He was not the only college student died as a result of a drunk driver. Below is a look at the last survey conducted by R. Hingson, in Magnitude of Alcohol-Related Mortality and Morbidity Among U.S. College Students Ages 18-24. You can help reduce these numbers by stopping a friend from getting behind the wheel of a car after drinking.

A Snapshot of Annual High-Risk College Drinking Consequences

The consequences of excessive and underage drinking affect virtually all college campuses, college communities, and college students, whether they choose to drink or not.

**Death:** 1,825 college students between the ages of 18 and 24 die from alcohol-related unintentional injuries, including motor vehicle crashes (Hingson et al., 2009).

**Injury:** 599,000 students between the ages of 18 and 24 are unintentionally injured under the influence of alcohol (Hingson et al., 2009).

**Assault:** 696,000 students between the ages of 18 and 24 are assaulted by another student who has been drinking (Hingson et al., 2009).

**Sexual Abuse:** 97,000 students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape (Hingson et al., 2009).

**Unsafe Sex:** 400,000 students between the ages of 18 and 24 had unprotected sex and more than 100,000 students between the ages of 18 and 24 report having been too intoxicated to know if they consented to having sex (Hingson et al., 2002).

**Academic Problems:** About 25 percent of college students report academic consequences of their drinking including missing class, falling behind, doing poorly on exams or papers, and receiving lower grades overall (Engs et al., 1996; Presley et al., 1996a, 1996b; Wechsler et al., 2002).

**Alcohol Abuse and Dependence:** 31 percent of college students met criteria for a diagnosis of alcohol abuse and 6 percent for a diagnosis of alcohol dependence in the past 12 months, according to questionnaire-based self-reports about their drinking (Knight et al., 2002).
Health Problems/Suicide Attempts: More than 150,000 students develop an alcohol-related health problem (Hingson et al., 2002), and between 1.2 and 1.5 percent of students indicate that they tried to commit suicide within the past year due to drinking or drug use (Presley et al., 1998).

Drunk Driving: 3,360,000 students between the ages of 18 and 24 drive under the influence of alcohol (Hingson et al., 2009).

Vandalism: About 11 percent of college student drinkers report that they have damaged property while under the influence of alcohol (Wechsler et al., 2002).

Property Damage: More than 25 percent of administrators from schools with relatively low drinking levels and over 50 percent from schools with high drinking levels say their campuses have a "moderate" or "major" problem with alcohol-related property damage (Wechsler et al., 1995).

Police Involvement: About 5 percent of 4-year college students are involved with the police or campus security as a result of their drinking (Wechsler et al., 2002), and 110,000 students between the ages of 18 and 24 are arrested for an alcohol-related violation such as public drunkenness or driving under the influence (Hingson et al., 2002).