Immunization Compliance

Failure to submit records by the semester deadline will result in a **Health Services Hold** on future registration and a non-refundable $50 late fee. The Hold prevents adding, dropping or any future class registration until 100% compliance is met.

**Domestic Students**

- Immunization History Form

**International Students**

- TB and Immunization History for International Students

Records can be submitted via:

- Mail, Email, Fax, or In-person
Questions

- Please visit our website, stop by or call the Center where a representative from Health Services is available to review this information and answer questions.
Counseling Services

MENTAL HEALTH CONCERNS AMONG COLLEGE STUDENTS

ACCORDING TO THE FALL 2013 AMERICAN COLLEGE HEALTH ASSOCIATION NATIONAL COLLEGE HEALTH ASSESSMENT SURVEY

The Percentage Of Students Reporting These Factors As Impacting Their Academic Success

- Depression: 12%
- Anxiety: 19.7%
- Cold/Flu/Sore Throat: 13.2%
- Concern for troubled friend/family member: 9.9%
- Stress: 27.9%
- Sleep difficulties: 19.4%
- Work: 13%
College Presents Challenges

• managing independence/responsibility
• time management/priority management
• deciding what to do with one’s life
• sorting values, politics, faith, worldview
• fitting in to a large, diverse group
• opportunities for drug and alcohol use and navigating relationships
Counseling Services

- Focused on short-term, skill building, strength based
  - Students with significant mental health concerns may be referred to the community

- Plus, evaluation and treatment of substance abuse concerns

- Crisis intervention
Student Satisfaction with Counseling

- 69% of clients surveyed in 2016-17 said, “My motivation to school has increased” as a result of counseling

- 73% of clients surveyed in 2016-17 said, “I was able to maintain or improve my academic performance” as a result of counseling
Counseling Services

Overview

Dedicated to assisting students with issues or concerns that may impact their academic success or quality of life, Counseling Services is staffed by mental health professionals. Issues and mental health concerns addressed by staff members may include relationships, depression, anxiety, transition to the University, victimization, drug/alcohol abuse, loss, grief stress, and poor self-concept. The following professional services are available at no charge to Lewis University Students:

- Short-term individual and group counseling
- Outreach programming
- Consultation
- Referrals to community resources
- Crisis intervention

Appointments

Non-emergency counseling assistance is provided through an appointment system. Call the Center at Ext. 8446 to schedule an appointment. When calling the Center, please state if the call represents an emergency counseling need. Appointments are not necessary for emergency Counseling Services.

Hours of Operation

Counseling Services during Fall and Spring Semesters

Monday - Friday 9:00 a.m. - 6:00 p.m.

Contact

Counseling Services can be reached at (916) 836-1446 during hours of operation.
You Still Play a Role

During the transition to college, parents and caregivers can play a crucial role in continuing to make a positive impact on their student’s health and well-being.

- Alcohol
- Marijuana
- Relationships
Alcohol

• Drinking at college has become a ritual that students often see as an integral part of their higher education experience

• Associated with 50% of all sexual assaults on college campuses

• Public health issue that can negatively impact the intellectual and social lives of college students
Marijuana

- Marijuana interferes with the very skills one needs to be successful at school.
- Poor: concentration, short-term memory, knowledge acquisition, ability to organize thoughts, and judgment/decision-making.

- Cognitive impairments resulting from smoking marijuana can last up to at least 28 days after an individual last smoked the drug.

- Remember, the marijuana used these days is much stronger so the negative effects are much stronger (psychosis)
E-Check Up to Go

Complete ASAP!
Sexual Assault in the News on College Campuses
Exact numbers are hard to come by since many of these cases go unreported, but campus sexual assault has become an all-too-frequent news story.

Survey: Sexual assault not investigated at 2 in 5 colleges

Federal government names 55 colleges facing sexual assault investigations

Sen. Claire McCaskill on her fight to end campus sexual assault
LU Cares

- TITLE IX
  Learn about Title IX and your student rights

- WHAT CAN YOU DO?
  Learn how to be an active bystander and helpful friend

- STAFF AND FACULTY
  Be informed of the responsibilities staff and faculty have in reporting sexual violence

- PARENTS
  resources for parents to learn more about these issues and be prepared to engage their student in thoughtful conversations

- GET INFORMED
  Educate yourself on the Lewis University misconduct policy and learn more about assault and consent

- REACHING OUT FOR HELP
  Identify your reporting resources
Conversations About Consent

Would you like a cup of tea?