Northwest Missouri State University is a safe campus, situated in a small rural community. However, that doesn’t mean that you shouldn’t talk to your student before they leave home about safety measures and precautions, as well as some advice on a healthy lifestyle.

Safety Measures
Make sure your student knows to:

- Walk only where it’s safe — and never walk alone at night
- Never go to or leave a party with people they don’t know well
- Never drink and drive or ride with a driver who’s been drinking or using other drugs
- Keep your room locked
- Keep your car locked
- Keep your bike properly chained to bike racks

Some facts to know:

- Campus thieves are usually interested in cash, checks, and credit cards
- Campus thieves are also interested in electronics and bikes
- Common crime sites - residence halls, library, Student Union, and parking lots

How to protect residence room:

- Keep doors and windows locked at all times!!
- Close curtains at night
- Keep money and jewelry in a safe place
- Keep valuables out of sight
- Leave a light on when you leave
- Make a record of valuables and credit cards for insurance purposes
- Avoid leaving a message on your door or answering machine saying they’re not in the room
- Report broken lights, locks, doors and windows ASAP!
- Use the peephole before opening the door
- Don’t hide a spare key in an obvious place
- Don’t prop doors open (inside or outside)

Sexual Harassment
Sexual harassment can involve students, faculty and staff. Make sure your student knows the school policy and what to do if they experience any form of harassment. All cases should be reported to Kent Porterfield (Vice-President for Student Affairs) or Campus Safety.

Safe Sex
Remind your student of your values about sexual behaviors. Review the facts they need to stay safe and make wise decisions. Go over the risks of STDs (sexually transmitted diseases), including HIV (the virus that causes AIDS). Stress that abstinence is always the best option.
Date Rape and Abuse
Make sure your student understands the dangers. Talk about how to prevent situations that could put them at risk. Explain how drinking and using other drugs, or being around others who do, can increase the risk of date rape and abuse. Encourage them to attend lectures and skits to learn more about developing healthy relationships.

Alcohol and Other Drugs
When many students enter into college, they may feel some pressure to start drinking in order to be “cool.” Go over your own views about alcohol. It is important to start discussing these issues well before your student leaves for college.

Right now:
Share realistically your own experiences with drinking, both negative and positive. Be clear in what you expect from them about such things as:
- Attending class
- Drinking and driving
- Financial responsibility
- Choices regarding drinking
- Study time vs. social time
- Staying in touch

Conversation starters
- How will you decide whether or not to drink at college?
- What will you do if you find yourself at a party with only alcohol to drink?
- What will you do if your roommate only wants to drink and party?
- What will you do if you find a student passed out in the bathroom?
- How will you handle it if you are asked to “baby-sit” someone who is very drunk?

Once they’re in college:
Since the first six weeks of college is a very high-risk time for first year students, you may want to write or e-mail more frequently and BE VERY SUPPORTIVE.

Ask questions such as:
- How are you doing?
- Do you like your classes?
- What is the party scene like?
- Have you gone to any parties yet? If so, what did you think?
- What kinds of activities are available? Have you joined any clubs or organizations?
- Are you enjoying campus life? Why?
  - Do you see others making friends or just drinking buddies?
  - How are you getting along with your roommate?
  - Are you feeling overwhelmed?
- What can I do to help?
Nutrition and Fitness
After entering college, many students find themselves eating on the run and not eating very healthy. Often it is also difficult to find the time and energy to exercise. Before your student leaves for school, talk to them about the importance of staying fit and eating healthy. Remind them that a proper diet and regular exercise can help increase their energy level, reduce stress and maintain a healthy weight.

Encourage them to find out about available exercise programs and facilities, including intramural sports. Encourage your student to talk with a counselor if he/she appears thinner than usual or appears to be developing an obsession with food. These could be symptoms of an eating disorder.

Also, students should have a physical exam before leaving. All immunizations should be up to date. Dental, eye, and ear exams are also recommended.

Campus Safety
Located in the Support Services Building on the east side of campus, the Campus Safety Department enforces state, local and University regulations to protect the welfare of the University community. The department operates 24 hours a day, every day of the year in order to assist in campus safety, fire safety, crime prevention and investigation, and security on campus. The department is also responsible for vehicle registration and the enforcement of University parking regulations. The department works with local law enforcement agencies.

Operation ID
This program provides a means for students to protect their personal property against theft and fire. Campus Safety will numerically mark property free of charge.

Personal Safety Programs
Campus Safety officers provide personal security information at orientation, in Freshman Seminar classes, in the residence halls and to clubs/organizations upon request. Topics include, but are not limited to, the following: Operation ID, sexual assault awareness, drugs/alcohol/DWI and fire safety.

RAD–Rape Aggression Defense is an introductory self-defense course for women including classroom instruction, techniques and actual simulations.

Counseling Center
Located in Wells Hall, the Counseling Center provides counseling services to students free of charge. The center is staffed with psychologists and counselors who assist individuals with educational, vocational and personal concerns, through individual and group counseling. Students use the services of the Counseling Center when choosing a major, making career plans, solving academic difficulties, developing strengths, exploring personal experiences and resolving relationship conflicts. The Counseling Center also administers and interprets educational and psychological measures of interest, personality and ability.

Workshops, group programs and consultations are offered to students and the
University community to create and support a quality living-learning environment conducive to students’ educational, social and personal development.

**Health Center**

The Health Center, located west of Millikan Hall, is committed to excellence in outpatient health care. The center provides a range of services found in typical medical offices including diagnosis and treatment of disease and injury, laboratory testing, gynecology services, immunizations, sports medicine, mental health evaluation and management. We focus on wellness, not only as a prevention of disease but also as a philosophy of life that emphasizes individual responsibility and active participation in health care.

Fall and spring hours are Monday through Friday from 8-4:30. Appointments are available during limited hours in the summer. Students may call 562-1348 for an appointment or may come without an appointment in an urgent situation. After hours care is available at St. Francis Hospital and Health Services emergency room.

Gerald Wilmes, M.D., is the medical director of the University Health Center. Dr. Wilmes is certified in family practice and specializes in adolescent and college health. The Center team includes a nurse practitioner who specializes in gynecology and five College Health Nurse Specialists. In some cases the nurse can provide care based upon specialized training, consultation with the physician and/or established protocols. The average visit costs $15. Fees vary depending on the complexity of the problem, lab testing and medications. The charges may be billed to the student account or paid at the time of the visit. Due to our reduced fee schedule it is not feasible for our office to file insurance claims. Students are given a copy of the bill, which may be submitted when requesting reimbursement. We encourage families to talk with their insurance provider regarding coverage and restrictions while students are in Maryville. Charges from St. Francis Hospital & Health Services for x-ray, laboratory processing and emergency care are billed by the hospital.

All students are requested to complete a Health History Form prior to registration. Students are required to comply with University policy to have two MMR (Measles, Mumps and Rubella) prior to attending school. All freshmen students who reside
on campus are required to have had the meningococcal vaccine or have provided a waiver declining the vaccine. Students may not move in to campus housing until the requirement has been met. We continue to strongly recommend the Meningococcal vaccine for all students and have the vaccine available. The University Health Center strongly recommends current Tetanus, Hepatitis B series and a Tuberculosis skin test within the past year.

Prior to enrollment, foreign born students or students who have spent three continuous months outside the United States must have documentation of a tuberculosis (Mantoux) skin test administered in the United States within the past year.

The University Health Center may be reached by calling (660) 562-1348.

**Health Insurance**

Student health insurance is available, with the premium set by the insurance company. International students are required to carry approved health insurance.

Likewise, it is beneficial for all students to have health coverage. Students no longer covered by their parent’s policy may wish to subscribe to a student insurance policy offered through Northwest. Applications and claim forms for the student insurance can be obtained from the Health Center or the Cashiering Department.