



Supporting Your Student Through Their College Years

- Navigating the Transition to College
- Campus Ministry
- Health & Well-Being
- Alcohol & Drugs
- Mental Health & Suicide Prevention
- Personal Safety
- Sexual Violence Prevention
- Resources and Contact Information

Help your students succeed!

As a community we are committed to...

Pursuit of Truth

We value intellectual inquiry as a lifelong habit, the unfettered and impartial pursuit of truth in all its forms, the integration of knowledge across disciplines and the imaginative and creative explorations of new ideas.

Academic Excellence

We create a culture among faculty, students and staff that recognizes the power of ideas and rewards rigorous thinking.

Faith and Reason

We actively engage in Catholic intellectual tradition, which values the fundamental compatibility of faith and reason and fosters meaningful dialogue directed toward the flourishing of human culture.

Dignity

We respect the dignity of each person and value the unique contributions that each brings to the greater mosaic of the university community.

Diversity

We strive to create a vibrant diverse community in which, together, we work for a more just and inclusive society.

Personal Attention

We foster a caring culture that supports the well-being of each member.

Gratitude

We celebrate the achievements of all members of our community in goals attained and obstacles overcome, and in all things give praise to God.

MISSION

Inspired by Catholic intellectual tradition, the University of St. Thomas educates students to be morally responsible leaders who think critically, act wisely and work skillfully to advance the common good.

VISION

The University of St. Thomas, a Catholic comprehensive urban university, is known nationally for academic excellence that prepares students for the complexities of the contemporary world. Through disciplinary and interdisciplinary inquiry and deep intercultural understanding, we inspire students to lead, work and serve with the skill and empathy vital to creating a better world.



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Welcome from the Vice President for Student Affairs

Dear Families,

As your student begins their journey here, we're honored to partner with you in supporting their growth. At St. Thomas, we strive to create a community where every student is seen, known, and loved – challenged to grow, inspired to lead, and supported in becoming their fullest self.

Rooted in our Catholic mission, we are committed to fostering a safe, respectful, and caring environment. We encourage open conversations about well-being, relationships, and values – conversations that begin at home and continue here.

Thank you for being part of this journey. Your support plays a vital role in your student's success, and we look forward to walking alongside you in the years ahead.

Here are some great ways to stay connected and engaged:

- *Subscribe to the St. Thomas Family Portal:*
stthomas.campusesp.com/users/sign_in
- *Follow St. Thomas on social media:*
Facebook.com/uofstthomasmn
x.com/uofstthomasmn
Instagram.com/uofstthomasmn
- *The university's main website at stthomas.edu will be updated in times of emergency or inclement weather.*
- *Join us this fall for our Family Weekend celebration.*
Visit stthomas.edu/familyweekend for details.

Sincerely,

*Karen M. Lange, Ed.D.
Vice President for Student Affairs*

NAVIGATING THE TRANSITION

Supporting Your Student Through College Transitions

Starting college is a proud moment—for students and families alike. Many students want to honor their roots and give back to their communities, but they may also feel pulled in different directions as they adjust to college life.

Balancing family expectations with new academic and social demands can be stressful. Your student might be navigating unfamiliar systems, facing tough choices, or feeling unsure about how to talk with you about it all.

How You Can Help:

- Stay curious and open. Ask your student what college is like for them and how it compares to your own experiences or expectations.
- Talk about values. Discuss how family values and college goals can work together, even when things feel challenging.
- Be patient with the learning curve. College has its own unique language – like office hours, group projects, and major changes – that may take time to understand.
- Celebrate their strengths. Your student brings resilience, culture, and wisdom from home – those are powerful assets in college.

Your support matters more than you know. Even if you didn't attend college yourself, your encouragement and understanding can help your student feel confident, grounded, and ready to thrive.



NAVIGATING THE TRANSITION

Family is an important part of a student's support network and can play an important role in their college success. Awareness of the factors your student may be managing can help you be even more successful in supporting your student in their college journey.

"College Is..."

How would you finish this sentence?

Our perceptions of college are usually based on our own experiences – good, bad, and indifferent. How does your perception of college impact the way you are moving through this process with your student?

Consider having a conversation with your student about your perceptions of college, how they are similar and how they differ. A few questions to start the conversation might be:

- What is the purpose of college?
- What happens in college?
- What does it take to be successful in college?
- What factors impact my response to these questions?

There is no single right answer to these questions. Think about how time, location, and other factors may impact the differences in your perceptions.

Hidden Curriculum

There are many expectations of students in college that are often not written down or talked about. It is sometimes called, "the hidden curriculum".

The hidden curriculum consists of the "norms, values, and expectations" that govern interactions among students, faculty, staff and administrators. To be successful in college, students whose families did not attend or graduate from college must learn how to navigate a world of new social norms.

COLLEGE EXPECTATIONS

- *Participating in campus clubs and activities outside of class can help students be successful in college.*
- *Professors expect students to communicate questions, absences, or specific needs through email and in-person visits at office hours.*
- *Taking advantage of free campus resources sooner than later can help students develop strategies for success.*
- *Students are expected to spend 3 hours studying for every 1 hour in class (For example, if a student is in a 3-credit hour class that meets for 3 hours per week, then they should study for 9 hours per week for that class).*
- *First year St. Thomas students who work up to 10 hours per week on campus are more likely to continue into their second year.*

NAVIGATING THE TRANSITION

No matter your experience with college, as a family member or loved one, you can have a powerful influence on your student. If you want to think about how to support them, there are a few questions that can serve as conversation starters.

CONVERSATION STARTERS

- *What are your hopes for your college experience?*
- *What kinds of campus clubs and activities sound interesting to you?*
- *Which classes are you enjoying? Which ones are challenging? What resources are you using to support your academic success?*
- *What people are part of your support system on campus?*
- *How can we support your college success?*
- *What do you need from us as your family to navigate this new experience?*

How Families Can Support

The value of the college experience is best understood by looking at the big picture. Though it may be some sacrifices now, the long-term vision is for students to learn, grow, and develop into the best versions of themselves, ready to access opportunities that benefit themselves, their families, and the communities they come from.

While college is a time when students become more independent, families can continue to play an important role. Research suggests that students do want to have important conversations with their loved ones about starting college. Families can support students by:

- Discussing student hopes, family values, college expectations, and how they may interact with one another.
- Once your student has started school, do the 'pie' activity together. The student draws a circle with 24 slices, which represents one hour of the day. Have them fill in each pie slice with the activities they do - attend class, study, homework, commute (from campus or from home), work, sleep, eat, etc. *Were you surprised by how quickly their time was accounted for?*

MESSAGES TO PROMOTE

- *When you feel good about yourself, you are more likely to perform better.*
- *There are so many campus resources to help you navigate classes and decisions. Use them.*
- *You can do this and we're here to support you.*
- *We're already so proud of you.*

MESSAGES TO AVOID

- *All that matters are your grades.*
- *You should choose a major based on making as much money as possible.*
- *If it gets too hard you can quit.*
- *We're spending a lot of money for you to be in college, so don't mess up.*

NAVIGATING THE TRANSITION

Whose Culture Has Capital?

Higher Education researcher, Tara Yosso, wrote a 2005 article called, “*Whose Culture Has Capital?*” In her writing, Yosso explores forms of capital that students from underrepresented communities bring with them to college but may not be recognized. In it she describes the capital that comes from speaking multiple languages, knowing how to navigate spaces that were not built for them, aspirational capital- the ability to protect hopes and dreams despite adversity, and even familial capital. The fact that your student has arrived on a college campus is a testament to their resilience and capability, which are formed in family and community. No matter your own educational background, you represent a valuable piece of the puzzle of your student’s success. College is their opportunity to put into practice the valuable truths and lessons they’ve learned from you along the way.

Resources

[First-Generation College Students](#) | University of St. Thomas - Minnesota

[Parent and Family Information](#) | University of St. Thomas - Minnesota

Sources

American College Health Association. (2020). National College Health Assessment III: Spring 2020 University of St. Thomas executive summary.

Orenstein, P. (2020). Adapted from the works of Peggy Orenstein.

Weissbourd, R., Anderson, T.R., Cashin, A., McIntyre, J. (2017). The Talk: How Adults Can Promote Young People’s Healthy Relationships and Prevent Misogyny and Sexual Harassment. Making Caring Common Project, Harvard Graduate School of Education.



CAMPUS MINISTRY

Campus Ministry celebrates the diversity of faith traditions represented in our university community by meeting the pastoral and spiritual growth needs of all. Our Campus Ministry office provides a supportive environment for students seeking to grow in faith and understanding of God, and we work to deepen our community's commitment to form the whole person by offering students the opportunity to build a strong community where all are welcome, loved, and supported.

Faith is part of the whole student experience. We offer students a space to CONNECT with other peers as they grow in their faith during their St Thomas journey, ENCOUNTER God more deeply, and to LIVE their faith more intentionally!

Discover more at: stthomas.edu/ministry

Things to Consider

Faith is part of the whole student experience. College is often a time of exploration, and many students reconsider, reframe, or reconnect with their spiritual lives. Campus Ministry provides a safe space for all stages of that journey.

CONNECT

- **Peer Ministry:** Peer Ministers are student leaders who help others connect with the faith community through friendship, prayer, and service. They create welcoming spaces for students to build intentional relationships and deepen their faith on campus.
- **Tommie Catholic:** A weekly gathering of students who are seeking to make Jesus the center of their lives. Planned by students, for students, Tommie Catholic is an engaging space of worship, conversation, and community.
- **FE y Amigos:** A monthly event celebrating Latino/Hispanic faith and tradition through food, music, and storytelling. While tailored to Hispanic students, all are welcome to join and celebrate.
- **Afro Christian Fellowship (ACF):** Monthly evenings of music, prayer, and reflection centered on African and Black faith traditions. A space of affirmation, joy, and fellowship open to all.

ENCOUNTER

- **Sacramental Life:** The Chapel of St. Thomas Aquinas stands at the heart of our campus – welcoming students into the rhythm of daily masses, daily confessions, and three Sunday liturgies. Prayer spaces throughout campus provide quiet sanctuaries to pause, reflect, and be renewed.
- **Retreats:** Throughout the academic year, students are invited to step away from daily responsibilities to focus on their relationship with God and others. Retreats range from short on-campus experiences to weekend getaways, including our popular First-Year Retreat.
- **Multifaith Engagement:** We honor the sacred journey of every student. Whether Catholic, Muslim, Jewish, or exploring spirituality, your student will find welcome and belonging here.

Programs include:

- Muslim prayer space, Salat-ul-Jum'a, and Iftar gatherings
- Interfaith **Peace Meals** that foster honest conversations across difference
- **St. Thomas Hillel:** Weekly Jewish community gatherings and celebrations

CAMPUS MINISTRY

- **Faith-Organizations on Campus:** Campus Ministry's work is complemented by the role of faith-based clubs and affiliated ministries that align with the institution's mission and value cooperation in the pastoral care of students.

LIVE

- Campus Ministry offers students the connections and spaces to live a life of meaning and their faith more intentionally.

As a Catholic university we are committed to support students' spiritual life and flourishing regardless of their faith tradition and practice. We do this by being a companion in students' journey as they explore deep questions of meaning and purpose. Our mission is to invite and encourage all to encounter God's presence in the world and provide the connection to a vibrant faith community through the presence of a passionate staff team and our student ministry leaders.

CONVERSATION STARTERS

- *What has surprised you most about your spiritual or faith life in college so far?*
- *Have you connected with any faith-based communities on campus?*
- *What brings you peace or grounding when things feel overwhelming?*
- *Have you attended any Campus Ministry events, retreats, or services?*



HEALTH & WELL-BEING

The [Center for Well-Being](#) provides compassionate care, expertise, education and resources to help members of our community thrive in and out of the classroom. The Center provides a full array of physical health, mental health and well-being services and outreach education in an integrated model. Integrated services allow the Center to better support students, faculty, and staff from a single location. The Center for Well-Being partner areas are:

- [Health Services](#)
- [Counseling and Psychological Services](#)
- [Health Promotion, Resilience, and Violence Prevention](#)

Appointments can be made for any of our services by calling **(651) 962-6750**, or in person at the front desk. For Health Services, you can also make an appointment using *myHealthPortal*. We are located at 35 South Finn Street (the corner of Grand and South Finn St. between north and south Campus).

For your health – WHAT TO BRING:

- Basic First Aid Kit
- Thermometer
- Acetaminophen/
Ibuprofen
- Disinfectant wipes
- Hand sanitizer
- Tissue
- Health Insurance card



ALCOHOL & DRUGS

Partnering for Student Success

Starting college comes with a lot of new freedoms – and plenty of choices, including around things like alcohol and drugs. At St. Thomas, we see this time as a chance for students to grow, find their place, and thrive in a community grounded in our Catholic values. Families play a big role in helping students make healthy choices that show care for themselves and the people around them.

Why Early Conversations Matter

Helping your student feel a sense of belonging begins with open, trusting conversations – especially about challenging topics like alcohol and drugs. Early and ongoing discussions can reduce high-risk behaviors and remind students they are supported by both family and the university.

Talk honestly about how substance use may affect their academics, mental health, relationships, and spiritual life.

Helpful Conversation Tips

- Choose a calm, low-pressure time to talk.
- Listen with curiosity and without judgment.
- Emphasize care, support, and belonging.

CONVERSATION STARTERS

- *What does it mean to belong in a new community like St. Thomas?*
- *How do you see yourself thriving – academically, socially, and personally?*
- *What role do you think alcohol should or shouldn't play in your college experience?*
- *What are some ways you can support a friend who's struggling or feeling left out?*

Building a Culture of Belonging and Responsibility

Before classes begin, all new students complete ***Undergraduate Upstander: Alcohol and Other Drugs***, an interactive course that covers:

- The risks of alcohol and drug use
- Responsible, values-based decisions
- Bystander intervention techniques on how to intervene and support peers

This education reinforces that **true belonging** doesn't require drinking and that caring for others – including stepping in when someone is at risk – is a key part of community life at St. Thomas.

28.3%

of University of St. Thomas students report having never used alcohol.

(ACHA-NCHA Report, Spring 2023)

ALCOHOL & DRUGS

Supporting Your Students Choices

Despite what you might hear, most St. Thomas students either drink in moderation or not at all. Let your student know this – it can help them feel confident in making choices that align with their values, whatever those may be, and remind them they don't have to change who they are to fit in.

Helpful Phrases

	
 <i>"You can have fun, make memories, and stay true to yourself – all at the same time."</i>	 <i>"Everyone drinks."</i>
 <i>"Choosing not to drink is just as valid as choosing to drink."</i>	 <i>"Just be careful if you're going to a party."</i>

Recognizing Signs of a Problem

Parents sometimes underestimate their student's alcohol use. Signs that may suggest an alcohol-related concern include:

- Dropping grades or skipped classes
- Frequent or heavy drinking episodes
- Legal trouble or university policy violations
- Emotional changes like irritability or depression
- Repeated hangovers or blackouts
- Physical health issues

If you are concerned, reach out or encourage your student to connect with the **Center for Well-Being** at **(651) 962-6750**. Seeking help is a strength – not a weakness – and aligns with our goal of helping every student **thrive**.

The Link Between Substance Use, Belonging, and Mental Health

Some students turn to alcohol or other substances as a way to cope with stress, loneliness, or not feeling connected. Checking in regularly about how your student is doing emotionally – and helping them build healthy, meaningful connections – supports both their sense of **belonging** and their ability to **flourish** at St. Thomas.

Policy Reminders and Safety Resources University Policies on Alcohol and Cannabis

Even though Minnesota law allows adults aged 21+ to possess and consume cannabis under certain conditions, federal law prohibits possession, use, or distribution of cannabis – including THC products – on university property.

ALCOHOL & DRUGS

Key policies include:

- No alcohol possession for students under 21
- No cannabis possession or use on campus
- Students found violating policies may be assigned educational programs like the Alcohol Responsibility Course

We encourage families to talk about both state laws and university expectations.

Public Safety's Medical Response

Student health and safety are top priorities. If Public Safety responds to an intoxicated or impaired student:

- An initial assessment is completed.
- If necessary, students are transferred to family care, medical services, detox, or law enforcement.
- Emergency contacts listed in the Murphy system are notified when needed.

Important: Students should update their Murphy emergency contact information before moving in or starting classes.

Public Safety Contact Numbers:

- **Emergency: (651) 962-5555**
- **Non-Emergency: (651) 962-5100**

Good Samaritan Policy

If your student encounters someone experiencing a medical emergency due to substance use, they should always seek help.

Under the Good Samaritan Policy:

- Students who call for help won't face conduct action solely for underage drinking.
- Helping others demonstrates responsibility and is a core value of the St. Thomas community.

In an emergency:

- On campus: Call **Public Safety** at **(651) 962-5555** and **alert an RA**.
- Off campus: **Call 911**.

Encourage your student to always prioritize health and safety—no matter what.



MENTAL HEALTH & SUICIDE PREVENTION

Supporting Your Student's Mental Health and Well-Being Fostering Belonging and Thriving Through Care and Connection

22%

of students report being diagnosed with depression.

30%

report being diagnosed with anxiety.

ACHA-NCHA Report, Spring 2023 – consistent with national trends.

College is a time of immense personal growth—and with it, new challenges. At the University of St. Thomas, we believe that a student's ability to thrive – academically, socially, emotionally, and spiritually – is deeply connected to their sense of belonging. When students feel seen, supported, and valued, they are more likely to reach out, build resilience, and succeed.

Start the Conversation

Mental health concerns are common among college students. Your student—or one of their peers—may need support at some point. Open, early conversations not only prepare them to seek help but also reinforce that they are not alone. Students who feel connected to their families, friends, and campus community are more likely to access the resources they need to flourish.

At St. Thomas, students say they are most likely to reach out first to a friend or roommate when experiencing emotional distress. Talking with your student now strengthens their ability to ask for help – for themselves or for someone else.

Key Topics to Cover

- **Healthy Habits:** Encourage your student to build daily habits that support their energy, focus, and emotional well-being. Remind them that thriving in college isn't about doing everything – it's about knowing themselves, setting healthy boundaries, and finding balance.
- **Communication Plan:** Establish a flexible and caring plan for staying in touch. Even occasional check-ins can reinforce that your student is part of a supportive network that cares about their whole person.
- **Normalize Help-Seeking:** Remind your student that asking for help is a sign of maturity and strength, not weakness. Let them know that St. Thomas offers confidential, compassionate resources that respect their dignity and privacy.
- **Campus Resources:**
 - **Center for Well-Being:** Free, confidential individual and group counseling, mental health workshops, and urgent care options.
 - **Crisis Drop-In Hours: Monday-Friday, 2:00-4:00 pm.**
 - **24/7 Counseling Line: (651) 962-6750 (Option 4).**

CONVERSATION STARTERS

- *"Starting college is a huge milestone! Before you go, can we talk a bit about how to handle stressful times?"*
- *"Mental health is just as important as physical health. Let's talk about what you can do if you ever need support."*
- *"How do you feel about asking for help – either for yourself or for a friend?"*
- *"Did you know St. Thomas has free mental health support and a 24/7 counseling line?"*

MENTAL HEALTH & SUICIDE PREVENTION

Consider Your Tone

Students will remember not just the information, but how they felt during the conversation.

- Be calm, positive, and open.
- Avoid scare tactics or lectures.
- Show empathy and validate their feelings.
- Invite questions and leave the door open for future conversations.

Listening and Recognizing When to Act

Stressors

- Building new relationships
- Academic pressure and time management
- Feeling homesick or isolated
- Financial responsibilities
- Athletic or extracurricular demands
- Navigating identity and belonging

Warning Signs

- Depressed or anxious mood
- Changes in sleep, appetite, or hygiene
- Withdrawal from friends and activities
- Increased substance use
- Expressions of hopelessness or purposelessness
- Poor academic performance
- Talk of death or suicide
- Unreachable for extended periods



If You Are Concerned

Early intervention can make a big difference. If you notice warning signs:

- Express your concern calmly and with empathy.
- Avoid trying to diagnose or “fix” the problem yourself.
- Emphasize that seeking help is normal and courageous.
- If you’re seriously concerned, contact the Dean of Students Office at **651-962-6050** or **deanstudents@stthomas.edu**.

HELPFUL PHRASES

- *“I’m so glad you’re talking to me about this – you’re not alone.”*
- *“It sounds like a lot to handle. I believe in you, and I also believe that getting extra support can really help.”*
- *“Would you like me to help you schedule a time to talk to someone at the Center for Well-Being?”*

MENTAL HEALTH & SUICIDE PREVENTION



Resources, Rights, and Responsibilities

Crisis Support at St. Thomas

- **Crisis Drop-In Hours:** Immediate access to a counselor, M-F, 2:00–4:00 pm.
- **24/7 Phone Counseling:** A free service for brief, urgent emotional concerns.

Call **(651) 962-6750** and select **Option 4**.

Parents can also call for consultation if worried about a student.



Suicide Prevention (QPR Training)

Students are encouraged to learn the **QPR method** – how to **Question**, **Persuade**, and **Refer** someone to help. Asking someone if they are thinking about suicide can open the door to getting life-saving help.

Medical and Academic Support

- **Prescription Transfers:** Students transferring existing prescriptions should meet with a Center for Well-Being provider. Transfers for controlled medications (e.g., Adderall, Ritalin) often require documentation and may take 1–2 months.
- **Academic Accommodations:** The Disability Resources office works with students who have disabilities including, but not limited to, mental health diagnoses, learning disabilities, Attention Deficit/Hyperactivity Disorder, Autism, chronic medical conditions, visual, mobility, and hearing disabilities. We work with students, faculty, and staff to collaborate and arrange reasonable accommodations that support students' individual needs both inside and outside the classroom. Call our office at **(651) 962-6315** to schedule an initial appointment, in person or over Zoom. stthomas.edu/student-life/resources/disability
- **Leaves of Absence:** If necessary, students can request temporary leaves to focus on their health. Contact the [Dean of Students Office](#) to learn more.

Privacy and Confidentiality

College students manage their own health information under FERPA, HIPAA, and state laws.

- Center for Well-Being staff cannot share details with parents without student consent unless there's an emergency.
- Students may complete a **Release of Information (ROI)** form once they establish care.
- Advance directives and healthcare powers of attorney are options but do not grant automatic access to medical records.

Whenever possible – and with the student's permission – staff value involving family in care decisions.

PERSONAL SAFETY

Personal Safety Planning

We encourage students to think ahead about how they might respond in an emergency – whether in their residence hall, classroom, or elsewhere on campus. Having a basic plan can make a big difference in staying safe and feeling prepared.

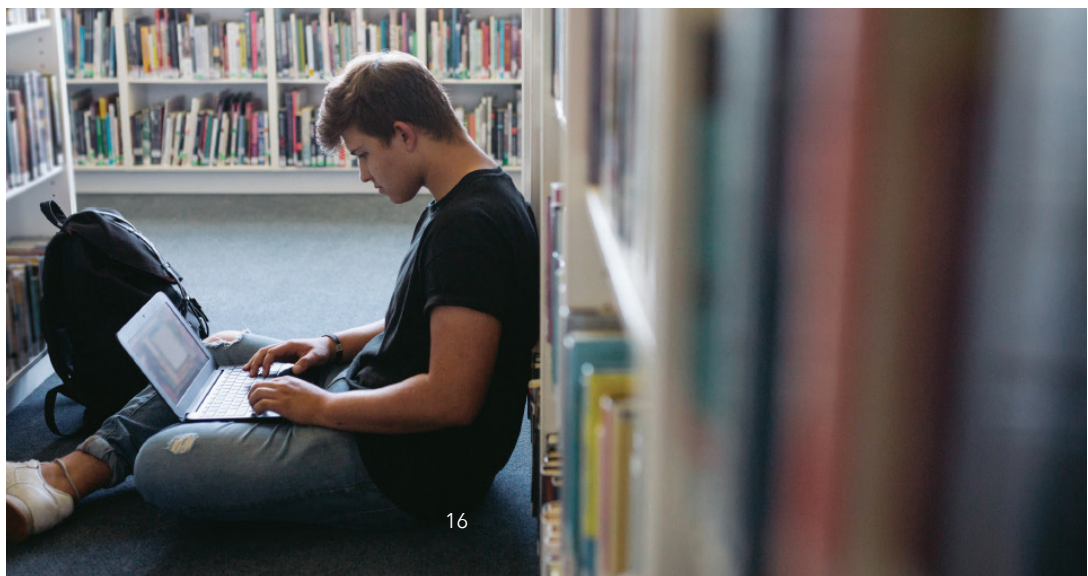
Key Personal Safety Tips for Students

- Know your exits: Be aware of how to leave your residence, classrooms, and study areas quickly in case of an emergency.
- Have a go-to location: Identify a nearby place you can walk to if you need to leave campus buildings suddenly.
- Share your plan: Let someone you trust—like a family member or roommate – know where you’d go and how you’d get there.
- Save important numbers:
 - Public Safety Emergency: **(651) 962-5555**
 - Public Safety Non-Emergency: **(651) 962-5100**
- Use location-sharing apps: Consider using a GPS app to share your location with trusted contacts, especially if you travel off campus often.
- Stay aware: Trust your instincts, stay alert in unfamiliar areas, and don’t hesitate to ask for help.

Encourage your student to think about these questions as they develop their personal safety plan:

CONVERSATION STARTERS

- *We care about your safety and well-being. It is important that you have a personal safety plan in case of an emergency on campus. Have you thought about what you should do in case of a campus emergency?*
- *We understand that you are going to go off campus at times with your friends, what are some ideas you have to protect yourself?*



SEXUAL VIOLENCE PREVENTION

Sexual Violence Prevention and Response at St. Thomas

Understanding the Issue

Sexual assault, harassment, stalking, and dating violence impact college students nationwide – including at St. Thomas. Most assaults happen between people who know each other. No one deserves to experience sexual violence. Healthy relationships and active bystander skills are crucial for prevention, and parents and caregivers play a critical role.

Prevention at St. Thomas

At St. Thomas all new students are required to complete the online Undergraduate Upstander training prior to their first semester. This course teaches:

- Foundations of bystander intervention
- Define consent within the context of sexual activity.
- Summarize reporting processes for incidents of sexual misconduct.

Visit our [Violence Prevention](#) website for more information about violence prevention at St. Thomas.

Talking with your Student

At St. Thomas, we honor Catholic teachings that encourage sexual abstinence until marriage, while also respecting the diverse backgrounds and beliefs of our students. We encourage all students to make choices that reflect their personal values. Beyond understanding the legal definition of consent, it's important to talk with your student about respect, ethics, and mutual care in relationships.

Conversations about sex, dating, and preventing sexual violence may feel uncomfortable, but they matter— your student wants to hear from you. In fact, 70% of students say they wish their parents had discussed how to navigate emotions in relationships. Honest, open dialogue can help your student build healthy boundaries and contribute to a safer, more respectful campus community.

Key Messages to Share

- Red flags/warning signs of unhealthy behaviors in a relationship. Common red flags include disrespect for personal boundaries, jealous or controlling behavior, pressuring or feeding alcohol to others, and gaslighting.
- Consent and how to establish boundaries. This includes boundaries both for sexual activity and any form of intimacy. Consent is ongoing, enthusiastic, and necessary – every time.
- No one has the right to pressure or coerce someone into intimacy. True intimacy involves care, communication, and mutual respect – not just legal minimums.
- Sexual violence can impact any student, regardless of gender. Additionally, research shows that engaging with men to promote healthy versions of manhood can help prevent violence.

SEXUAL VIOLENCE PREVENTION

Tips for these Conversations

- Start early and talk often – not just during “big moments.” You do not have to be an expert, just offer a safe space to talk.
- Normalize discussions about respect, safety, and relationships.
- Use everyday opportunities (TV shows, headlines, social media trends) to spark dialogue.
- Ask open-ended questions. Listen without judgment.

CONVERSATION STARTERS

- *What makes a relationship healthy or unhealthy?*
- *If you saw a friend in a tough situation at a party, what could you do?*
- *How do you think dating is portrayed in media compared to real life?*
- *How can someone tell the difference between love, infatuation, and attraction?*
- *What does respectful communication about intimacy look like?*

If Violence Happens: Supporting Your Student

Despite the University of St. Thomas’s efforts to prevent violence, some students may still experience sexual violence during their time here – or may have experienced it before arriving. If your student shares this with you, your response is important. Listen with patience and without judgment. Support them by offering choices, not directions, and respect their privacy – universities cannot share student information with families without the student’s permission.

What to Say:

- “I love you. Nothing you did caused this.”
- “Thank you for trusting me.”
- “You’re in control of what happens next.”

Avoid Saying:

- “Why didn’t you...?”



SEXUAL VIOLENCE PREVENTION

Resources for Students

The University of St. Thomas offers a range of support resources for students affected by sexual violence – whether it happened before college, over the summer, off-campus, or abroad. If the experience is impacting their ability to succeed or feel safe on campus, help is available.

Title IX Office

The Title IX Coordinator oversees the university's response to sexual misconduct, ensuring support, safety, and a discrimination-free environment. They manage reports, coordinate responses, and work with campus offices to connect individuals with appropriate resources. This could include:

- Listening and helping the individual explore their options
- Referral to on-campus or local resources
- Developing strategies to navigate campus with other students who have caused harm, including no communication directives
- Exploring academic accommodations if the experience is affecting their coursework

For more information, visit the [Title IX](#) website.

Center for Well-Being

The [Center for Well-Being](#) provides care, support, and additional resources to students who have experienced sexual violence. Services for students who experience sexual violence include:

- [SANE](#) Exams
- Counseling and Psychological Services
- Workshops and events to get involved in the effort to prevent violence

Dean of Students Office

The [Dean of Students Office](#) is available if you are seriously concerned about your student or have questions about resources.

- **651-962-6050**
- deanstudents@stthomas.edu



ACADEMIC CAREER RESOURCES

Center for Student Achievement

Through its collaborative and holistic approach, the St. Thomas Center for Student Achievement works with students who are exploring, seeking support, and searching for opportunities to enrich their academic experience. Visit the Center for Student Achievement website for important dates, tutoring information, Tommie Timelines, and to learn more about educational opportunities and support at St. Thomas. Campus partners include: Academic Counseling, Career Development, Disability Resources, Innovation Technology Services (ITS), Libraries, Retention and Student Success, Study Abroad, Tutoring, and Undergraduate Research Opportunities Program (UROP). stthomas.edu/csa

Academic Counseling

The Academic Counseling staff assists undergraduate students with class registration, long-term academic planning, individual assistance in study skills improvement, time management, test taking preparation, habits, motivation, and college survival skills. The staff also offers special support to students on academic warning.

stthomas.edu/academiccounseling

Career Development Center

Career counselors are available to guide students through career exploration, internship/job search skills, resume writing, interview preparations, and more.

stthomas.edu/careerdevelopment

The Center for Writing

In the campus writing center, students work on writing at any stage for any course. Peer consultants support students as they get started, focus on ideas, organize drafts, incorporate and document evidence, and revise for clarity. Students can make an appointment on our website stthomas.edu/writing to meet in person or to submit a draft online. Walk-ins are always welcome.

stthomas.edu/writing

Disability Resource Center

The Disability Resources office works with students who have disabilities including, but not limited to, mental health diagnoses, learning disabilities, Attention Deficit/Hyperactivity Disorder, Autism, chronic medical conditions, visual, mobility, and hearing disabilities. We work with students, faculty, and staff to collaborate and arrange reasonable accommodations that support students' individual needs both inside and outside the classroom. Call our office at **(651) 962-6315** to schedule an initial appointment either in person or over Zoom.

stthomas.edu/student-life/resources/disability

Mathematics Resource Center (MaRC)

The MaRC supports student learning in mathematics through free drop-in peer tutoring as a service of the St. Thomas Mathematics Department for any student taking MATH 005 through 200. The MaRC is also the headquarters for the Math Placement Exam.

stthomas.edu/marc

BUSINESS MATTERS & OTHER RESOURCES

Finances

Students can contact their financial aid counselor to make sure everything is in order. Families can support their student to make a budget and have conversations about student accounts, monthly spending, banking, and credit/debit cards.

stthomas.edu/financialaid

Billing

Students can check their University of St. Thomas email account or log into Murphy Online for their eBill (the first one is typically available late August for the fall and late January for the spring). Tuition, fees, housing, meal plans, and miscellaneous student account charges are available to review via Murphy Online.

banner.stthomas.edu

The University of St. Thomas provides eBilling statements only, paper bills are not mailed. When a new statement has been posted, a courtesy email message will be sent to your student's St. Thomas email address. All tuition refunds are processed through the Business Office's eRefund procedure. Student refunds are issued via direct deposit only to a United States-based bank account. The University of St. Thomas is prohibited from providing information about student account to a third party. This restriction applies, but is not limited to, parents, a spouse, or a sponsor.

Students may, at their discretion, set up parent(s)/guardian(s) or other third party as an authorized user on their account. As an authorized user, this individual can view eBills and/or make ePayments toward the account at any time. For additional billing or payment questions or concerns, please contact the Business Office at **(651) 962-6600** or **800-328-6819, Ext. 2-6600**.

stthomas.edu/businessoffice/ebilling

Proxy Access

Students may designate a parent, guardian, spouse, or other third party as a proxy user on their academic record. Proxy users can view academic, financial aid, and billing information. However, the student chooses the level of access and can alter or end the proxy user permissions at any time. Proxy Access is not the same as Authorized User access. Authorized Users can access the third-party billing system used by St. Thomas and can make payments on the student account. See the Business Office for more information about Authorized User access. For more information about Proxy Access, visit stthomas.edu/proxy.

Dining Dollars vs. eXpress Dollars

Dining Dollars are attached to meal plans. They can be used to purchase food items only at the dining locations on campus which include Beakers, Stacks Cafe, the Loft, Scooter's, T's, and Summit Marketplace.

Dining Dollars and meal plans expire at the end of the semester and any remaining balance will be forfeited.

eXpress Dollars do not expire as long as a student is enrolled and can be used at all St. Thomas Dining Services locations, including The View. In addition, eXpress Dollars can be used to purchase books, supplies, clothing and gifts at the St. Thomas Campus Stores, and snacks at select vending machines on campus. EXpress Dollars can also be spent at several off-campus merchant locations for both food and non-food purchases.

stthomas.edu/cardoffice/expressaccount

Unused eXpress Dollars are nonrefundable and will stay on your students' card until they use them, transfer, or graduate. If your student is planning to use Financial Aid to pay for their books, they can open an eXpress account on the GET Funds website. stthomas.edu/about/departments/card-office

CAMPUS SAFETY

The Department of Public Safety provides emergency medical services, emergency crisis response, crime prevention, and investigation services, as well as other services such as jump starts, lock outs, and lost and found. Public Safety operates 24 hours a day, seven days a week on both the St. Paul and Minneapolis campuses. The department's officers are well trained in emergency response and complete regular, ongoing, in-service education to enhance their skills and knowledge of campus public safety. Public safety will also provide escorts for students to class or anywhere within a six block radius of the St. Paul campus, or within one block of the Minneapolis campus. For **on-campus emergencies call 651-962-5555** and for **non-emergencies call 651-962-5100**. For off-campus emergencies call 911. stthomas.edu/publicsafety

STUDENT EMPLOYMENT

The mission of the Student Employment program at the University of St. Thomas is to provide on-campus employment opportunities. Through the program, students gain working experience in discipline-specific fields, build professional development and leadership skills, and network with faculty, staff, and fellow students, all with the flexibility and convenience of working on campus. Your student may search and apply for jobs online. stthomas.edu/jobs



IMPORTANT CONTACTS

Admissions

(651) 962-6150

stthomas.edu/fr

Academic Counseling

(651) 962-6300

stthomas.edu/academiccounseling

Alumni Association

(651) 962-6430

stthomas.edu/alumni

Athletic Office

(651) 962-5900

stthomas.edu/athletics

Business Office (bills)

(651) 962-6600

stthomas.edu/businessoffice

Campus Life

(651) 962-6130

stthomas.edu/campuslife

Campus Ministry

(651) 962-6560

stthomas.edu/ministry

Center for Student Achievement

(651) 962-6342

stthomas.edu/centerforstudentachievement

Campus Stores

(textbooks, supplies, apparel)

(651) 962-6850

stthomas.edu/campusstores

Career Development Center

651-962-6761

stthomas.edu/careerdevelopment

Counseling & Psychological Services

Center for Well-Being

(651) 962-6750

stthomas.edu/counseling

Dean of Students

(651) 962-6050

stthomas.edu/deanofstudents

Disability Resources

(651) 962-6315

stthomas.edu/student-life/resources/disability

Financial Aid

(651) 962-6550

stthomas.edu/financialaid

Financial Tips: stthomas.edu/admissions/undergraduate/financial-aid

Health Services • Center for Well-Being

(651) 962-6750

stthomas.edu/healthservices

Innovation Technology Services (ITS)

(651) 962-6230

stthomas.edu/its

International Students & Scholars

(651) 962-6650

stthomas.edu/oiss

Meal Plans

(651) 962-6069

stthomas.edu/dining/meal-plans/mealplanoptions

Off-Campus Student Life

(651) 962-6138

stthomas.edu/offcampus

Parent Liaison/ Parent Resources

Dean of Students Office

(651) 962-6050

stthomas.edu/parents

Parking Services

(651) 962-7275

stthomas.edu/parking

Public Safety

Non-emergency line (escorts):

(651) 962-5100

EMERGENCY LINE:

(651) 962-5555

stthomas.edu/publicsafety

Registrar • Office of Student Data & Registrar

(651) 962-6700

stthomas.edu/registrar

Residence Life

(651) 962-6470

stthomas.edu/residence-life

Study Abroad

Murray-Herrick Campus Center, Room 212

(651) 962-6450

stthomas.edu/studyabroad

Student Diversity & Inclusion Services

(651) 962-6460

stthomas.edu/student-affairs/departments/sdis

Title IX Coordinator

(651) 962-6882

title-ix@stthomas.edu

stthomas.edu/title-ix

Tommie Central

Information/ticket sales for community events

(651) 962-6137

Health Promotion

Center for Well-Being

(651) 962-6750

stthomas.edu/center-for-well-being

ACADEMIC CALENDAR

Find important dates and deadlines on the [academic calendar](#) to help support your student.

Family Weekend

Mark your calendars for **Family Weekend!**

Parents, students, siblings, alumni, and their friends will come together for activities and excitement. You won't want to miss this gathering of the Tommie family.

Get weekend details at: stthomas.edu/familyweekend

