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Code Connection



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CONNECTING YOU TO THE CODE OF STUDENT LIFE AND
THE OFFICE OF STUDENT STANDARDS AND CONDUCT AT
THE UNIVERSITY OF ARKANSAS

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Think First, Post Later: Internet Behavior in College

These days, everything is done on or involves the internet. From turning in homework or participating in class discussions via Blackboard, to arranging group meetings and group work via social media, the internet is the primary mode for both professional and personal communication. So what are the standards for this electronic frontier? What happens when the expectations are violated?

Cyberbullying and internet misbehavior happen frequently at the college level, and this can lead students to unforeseen consequences.

The University of Arkansas does not tolerate electronic bullying or harassment, and this kind of behavior falls under the Code of Student Life D02: "Harassment, abuse, coercion, or threatens by means other than the use or threatened use of physical force...persistent acts or communications that are intended or reasonably likely to harass, intimidate, or humiliate another." Arkansas is one of only a few states with a specific law regarding cyberbullying which can result in up to a **\$1000 fine** and **up to 90 days in jail**, although it's important to note that acts of cyberbullying can also fall under much more serious Arkansas laws regarding harassment and violations of privacy. The important thing to note is that there are consequences for what is posted online, and it's very important to think before you post and share.

Why does negative behavior occur on the internet? A lot of research is currently being done regarding our electronic choices and the causes for such behavior. Research at Arizona State University resulted in a 2012 article in *Cutting-edge Technologies in Higher Education*, Vol. 5 about the reasons college students engage in egregious online behavior.

1) **Availability**—you can be online whenever you want, and this can result in immediate, and possible inappropriate, reactions and judgments being posted.

2) **Anonymity**—it is often perceived that what is posted is relatively anonymous, that the subject of a bullying post will not find it, or that the poster will not be found.

3) **Absence of consequences**—you may believe that even if your post is found, there is nothing that can be done.

4) **Virtual Personalities**—in-person interactions are different than those online. You can disengage from your human-ness and that of the subject. Inhibitions are lower, and things that might not be said to a person's face are said online without having to experience the other person's feelings or pain.

All four of these reasons can lead to negative consequences for the poster and their subject. It is extremely important that you think about what you post before you do so. How will this affect another person? How can this reflect negatively on you as the poster? Is this the kind of image you want on the internet? Negative and inappropriate posts can last even after they are deleted, and can affect the way people view the poster, including potential friends, career connections, and even employers.

Think before you post.

Bystander Intervention: Step Up, Stay Classy

By Debbie Morgan, Coordinator of Substance Abuse Education

Bystander intervention is based upon the premise that just about every situation that a college student faces involved individuals known as bystanders, people who see and hear what is going on but may choose to act or not act based upon their own set of beliefs and values. The collaboration between the Office of Student Standards and Conduct and the Substance Education and Alcohol Resources office and the peer education group strives to educate students on the value of bystander intervention by providing students with the tools and resources they need to intervene if they see a situation starting to get out of control. Students are faced with difficult situations all the time where they have to make critical decisions. By providing them with opportunities to learn the skills of bystander intervention, consisting of assertiveness, self-esteem and knowing the resources available to them, students are better able to respond to situations when they arise.

Step UP! Stay Classy is a campaign on campus where we encourage students to implement bystander intervention and “stay classy” when they go out with their friends to parties. Teaching students risk reduction techniques as well as bystander intervention is a way to help them be more aware of their own actions and the actions of those around them. It is the goal of the two offices to create a culture on the University of Arkansas campus of students looking out for one another and sharing the responsibility of keeping everyone safe.



The signs of alcohol poisoning: PUBS

Puking

Unconscious

Breathing

Skin

If someone you are with shows one or more of these symptoms, if you can't get a response and they are vomiting uncontrollably, **call 9-1-1**. They, and your conscience, will thank you later.

Don't Stress, Decompress!

Bad decisions don't just occur by chance or bad luck or even unfortunate timing—they occur because of choices that are made. Making good choices isn't always easy, and one factor of bad decision-making is in response to stress. It might seem silly on the surface to have a plan for dealing with stress, but it's important. It's important to think about how to decompress

and reduce stress in positive ways. Many students turn to drinking when they feel overwhelmed, disconnected, or as a way to release their stress. The truth is, the consequences of binge drinking or bad choices made while intoxicated can lead to MORE stress, rather than less when the financial, legal, and university consequences come into play. The best way to avoid and reduce stress? Plan ahead and figure out what calms you down.

- ◆ Treat yourself! When you finish a big test or project, reward yourself with something you don't get often—a pint of ice cream, a night out, new clothes or shoes, a video game binge, or a trip to the movies.
- ◆ Take small breaks while working—stop and take slow deep breaths, close your eyes and clear your mind for a few minutes, make a point of getting up and walking around or stretching every half hour, just to keep yourself awake and aware.
- ◆ Keep a schedule or planner—if you know what needs to be done, you won't have to cram it all in last minute, or feel like you are running out of time. And getting things done ahead of schedule leaves more time for the fun stuff.
- ◆ Don't pull an all-nighter! Staying up all night to study without sleep actually hurts your chances of doing well. Your brain doesn't have time to process what you've taken in, and if you don't get enough rest your brain misfires and you might do worse on the test you've studied for or project you worked on. You need rest!
- ◆ Utilize resources! Work with the Enhanced Learning Center for study skills, seek out CAPS for help with stress management, or take a class with Health Promotions in Yoga or Tai Chi to relax your mind and body.



Staying Safe When Going Out

There's nothing wrong with going out and having a good time—as long as it happens safely. The best way to stay safe is to plan ahead for your night.

First, commit to sticking together. Leave with the people you arrive with so you know everyone is getting home safely.

Second, plan your mode of transportation. Is someone being the designated driver? Do you have a person willing to let you call them when you're done and pick you up? Are you close enough to walk home in a group? Don't leave this until the last minute, and don't forget about Safe Ride if your plans change unexpectedly. You shouldn't count on Safe Ride to be your way home, but make sure to call if you need it!

Third, set and stick to your limits. Binge drinking can lead to a lot more than a night of puking and a bad hangover. You could hurt yourself, damage a friendship or relationship, find yourself in a dangerous situation, facing alcohol poisoning that results in a medical transport, or going to jail. Only you know how much you can handle—don't let others pressure you into drinking more than you can handle.

Lastly, look out for your friends and for others. If you see someone drinking too

much, take their drink or stop serving them. If you see a friend getting into a fight, get help or call UAPD (575-2222) or 911. Bystander intervention is important—it's okay to step up and keep you and your friends classy.

Being safe is as important as having fun, so plan ahead and avoid the trouble!

VOLUNTEER, NOW!

There is no time like your college years to volunteer to help others. Not only will volunteer work on a resume impress employers, but it is a practical and tangible way to help others. There are more benefits than you realize to volunteering. Do it now, get in the habit now, and it will benefit you for the rest of your life. Here are a few you might not have thought of.

TEAMWORK—volunteering is often about doing good work in a short amount of time. You will learn how to be a team with strangers in order to accomplish a task. That is a skill essential to the career world.

NETWORKING—you never know who you'll meet volunteering. When you work hard for a charitable cause, people notice. The people you volunteer with might be business owners, political figures, and others that are always looking for a talented individual that fits their needs. The people you volunteer for are the people who will become your best references.

Go to volunteer.uark.edu to see how you can get involved!

SAFE RIDE

(479) 575-7233

Program the number into your phone; it is also located on the back of your You of A ID.

Words to Remember

“You fail all the time, but you're not a failure until you blame someone else.” - Bum Phillips

Your actions and choices are your own, take responsibility for them!