

HIGHER EDUCATION

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A SUPPLEMENT TO THE CATHOLIC STAR HERALD

Campus programs:

Tackling issues of alcohol abuse, binge drinking

By Marylynn G. Hewitt
Catholic News Service

DETROIT — Nicole vividly remembers the moment she got the results from the research survey showing she drank more than 90 percent of the women on the Loyola Marymount University campus.

"I was shocked," said the senior about that freshman-year experience at the school in Los Angeles.

Her first drink was a shot of vodka at the college apartment she shared with some older students. That first year, she told Catholic News Service, there were many occasions where she drank three times a week, often having seven drinks.

Seeing the survey results, "put a ton of things into perspective," added Nicole, who asked that her real name not be used.

Catholic colleges and universities across the country are working to address the issue of risky drinking practices, promote responsible alcohol behavior and help counsel students identified with drinking trouble.

"The fact of the matter is young people drink, and people under 21 drink, and with the college lifestyle, I don't think that will change anytime soon," said Justin Hummer, assistant director of Heads UP Research Lab at Loyola Marymount University.

"It's part of the recognition that abstinence programs fail regularly, so we're trying to meet students where they are, not being judgmental and confrontational," he said. "We try to engage them in a way you can deliver information that might be helpful in terms of how they make decisions. That's key in a lot of ways."

"Binge drinking is a serious public health challenge, leading to injury and in some cases, death, for hundreds of thousands of college students each year," said U.S. Health and Human Services Secretary Kathleen Sebelius.

She made her comment last spring when Dartmouth College announced the Learning Collaborative on High-Risk Drinking with 14 colleges and universities joining to address high-risk drinking on campuses. In December, the private Ivy League school

announced it was turning to the problem-solving skills of engineering students to help in the research.

A Centers for Disease Control study released in January said the prevalence of binge drinking and its intensity (9.3 drinks) were highest among people ages 18-24. A study by the Substance Abuse and Mental Health Services Administration said that in 2009 nearly half of all substance abuse treatment admissions that involved college students — in the same 18-24 age group — were for "alcohol disorders."

The Heads UP Research Lab, the umbrella for a number of ongoing prevention and intervention research projects, already has a 10-year history. It was founded by Jesuit Father Joe LaBrie in 2002 after 26 students were hospitalized for alcohol use following the Charter Ball, a university-wide dance party. All 26 students were eventually released from the hospital and the Charter Ball is no longer offered.

The priest, special assistant to the president and associate professor of psychology, wanted to use empirically validated research to address alcohol use and other health risk behaviors to promote responsible drinking in the face of what was pretty widespread risky drinking behavior that was common on the campus, said Hummer. "We've been fortunate not to have had an alcohol-related death on campus as far as I know. I'd like to say Heads UP had some impact on that."

Since its inception, Father LaBrie has been the principal investigator on more than 10 privately and federally funded research grant projects on the campus, totaling more than \$3.1 million. Loyola Marymount has collaborated with Loyola College in Baltimore, and a number of public universities for some of the studies.

Hummer pointed out "that many other universities are building on the things we were doing here."

He estimated that 15,000 Loyola Marymount students have directly participated in the research projects run by the lab, which includes five full-time staff and one part-time staff member. He added that in each year, the majority of the 6,000-student body has been exposed to Heads UP initiatives such as the



CNS photo/Tim Rue

Sophomore Annie Stearn talks about spring break plans with Gilberto Corona in her dorm room Feb. 24 at Loyola Marymount University in Los Angeles. Catholic colleges and universities across the country are working to address the issue of risky drinking practices, promote responsible alcohol behavior and help counsel students identified with drinking trouble.

posters promoting responsible drinking designed by the graphics art students.

Through small- and large-group interventions involving incoming freshmen, those in sororities and fraternities, and those with mental health challenges, Hummer said, the campus culture has changed in how students view alcohol use.

"There are movies like 'Animal House' that portray this widespread heavy use of alcohol," so it was "very interesting for students to realize heavy drinking was not the norm and was not as widespread as they thought. Students if they did drink were more responsible with drinking than people thought."

Many campuses, such as Franciscan University in Steubenville, Ohio, offer counseling for students with drinking problems or under-age students who have been reported for drinking.

Cynthia Vaudrain, licensed professional clinical counselor at Franciscan, said having the full counseling center on campus keeps sessions affordable and available for all kinds of issues.

In recent years, she said there have only been a few students with reported risky drinking behaviors at the 2,500-student university. AA is also offered on campus.

Secondhand problems are also discussed, said Vaudrain, including the fact

that someone needs to take care of intoxicated students, students may miss class, and seeing someone who has had too much to drink "might traumatize some of the other students" who have not been exposed to that in the past, she said.

Nicole, now 22, said because of being a part of the Loyola-Marymount's ongoing research project, "along with the fact I'm more mature," she drinks much less. And when she does, "I am a more responsible drinker. I now make sure to have a designated driver, drink water between drinks and usually drink with food."

Hummer said the Heads UP research coincides "with the Catholic identity and religious heritage of LMU. We're focused on the Greek term 'cura personalis,' the cure of the whole person. We recognize that alcohol use is an inherent part of developmental transition into adulthood," he said.

"So we try and provide really stringent empirical research and effective harm-reduction approaches to understanding and preventing alcohol use and other behaviors that might negatively impact the students' ability to become more fully alive," Hummer said, "and hamper their development of their self, and their academic and professional development physically, socially, psychologically, morally, culturally."

Students required to keep cellphones on in class

By Elizabeth Foley
Catholic News Service

WASHINGTON — Most colleges require students to put away their cellphones during class. However, for one class at The Catholic University of America, not bringing a cellphone to class can result in loss of points from their participation grade.

Cellphone photography is a new class at Catholic University in Washington that allows students to see photography in a fresh way and explore a device they carry with them every day in a different way. Students are told to turn their everyday lives into a book of photographs. For example, one assignment was to take photos on their phone at their Thanksgiving dinner celebration with their families.

Only a handful of other universities offer a class like the one taught at Catholic University. The class encourages students to post the photos taken in class on their social media sites and is taught by professional photographer Matthew Barrick.

“The goal of this class is to show the true creative art of photography using a cellphone. You have your camera with you 24 hours a day,” Barrick said.

The class assignments consist of weekly blog entries that must include pictures students took that week on their phones, as well as ongoing work on their final project.

The class’s final project is called “100 photographs in 100 days,” and the students can take pictures of anything they want with their phones over the course of the semester. Then, they pick the best photos and put them into an online photo book for the professor to review and grade.

Barrick emphasizes that it does not matter what type of phone students use, as long as it has a camera. He thinks the most important part is that students use their eyes and imagination to take the best photos possible.

Models range from brand new iPhones to old flip phones with cracked screens. Students who have newer phones are allowed to download applications to help them edit the photos they take.

“One student has an old flip phone and it actually produces very nice photos,” Barrick said.

Said student Maggie Sanborn, “I don’t have a smart phone, but I still find myself taking pretty decent photos with my Verizon Envy.”

The class has similarities to a regular photography class, because it focuses



CNS photo/courtesy of Matthew Barrick

A sampling of student artwork from the cellphone photography course at The Catholic University of America in Washington is seen in this display. Photographer Matthew Barrick said the goal of the class is the same as a regular photography class: to learn the rules of composition in photography and to take good pictures. The Ferris wheel and balloon pictures are by Caroline Burke. All other images by Erin Alburtus.

on the general knowledge of photography. Barrick said the general message and goal of the class is the same as a regular photography class: to learn the rules of composition and take good pictures.

The class also has some differences. Photos taken with cellphones can be immediately uploaded to social net-

working sites and blogs, unlike those taken with digital cameras. Also, the cameras on cellphones do not have the same features as regular digital cameras, so photos come out differently.

“Cellphone photography allows for a natural form of picture taking, and photography with a digital camera is more forced,” Barrick said.

Interested in a Nursing Career?

Our Lady of Lourdes School of Nursing – Cooperative Program with Camden County College invites you to attend our

Formal Information Session/Open House at 1600 Haddon Avenue, Camden NJ 08103
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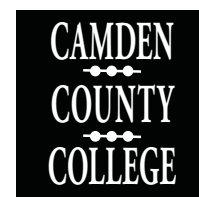
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News & Notes



From CATHOLIC star herald Advertisers

One of the Top Ten Reasons Students Choose Caldwell College ... Inspiring People

Inspiration is a wonderful word simply defined as an idea or stimulus. Infectious in nature, inspiration can be felt by all and taken home. At Caldwell College, inspiration speaks to everyone on campus—students, staff, professors, and administrators alike. It is an important part of campus life, one that is woven into education, spirituality, relationships, and service to the community. Caldwell College offers a unique environment that promotes inspiration, and teaches students how to navigate today's fast-paced world while remaining grounded in and respectful of the heritage of its founders, the Sisters of Saint Dominic.

Caldwell College's campus spawns many inspiring relationships ... so many that a portion of the homepage of their web site, caldwell.edu, is dedicated to an ever-growing number of celebrants. For example, Dr. Sharon A. Reeve, BCBA-D, and Dr. Kenneth F. Reeve, BCBA-D, professors at Caldwell College, are recognized for their key roles in developing the masters and doctoral programs in Applied Behavior Analysis (ABA). They were also instrumental in launching the Caldwell College Center for Autism and Applied Behavior Analysis. This state-of-the-art facility allows Caldwell College to serve the needs of hundreds of individuals with autism and help them and their families lead more satisfying and productive lives. Caldwell College will soon host their annual 5K Run-Walk to help build public awareness of autism and raise funds for the Center for Autism and Applied Behavior Analysis. According to the CDC, the state of New Jersey has the highest incidence of autism in the country, with one in ninety-four children affected. For more information about the 5K Run-Walk for Autism on April 21, 2012, you can visit caldwellcollege5krun.com.

Communications Arts major Justin CeCe, '99 has recently won a second Emmy Award for his work on the Dateline NBC series "America Now: Friends and Neighbors." He commends Caldwell College's Communication Arts curriculum and says he was exposed to many areas of television production while pursuing his degree. "The wide range of classes, both technical and theoretical, gave graduates a taste of the many different aspects of the industry," CeCe explains.

Other inspirational people on campus include Manny Perez '09, one of the newest members of the Harlem Globetrotters. After a series of tryouts, drills, and interviews, he joined the Globetrotters as a "flyer," a player known for high-flying dunks. Manny credits his positive outlook, forward thinking, and sense of team spirit, all of which were developed and honed while at Caldwell College, for his placement on the Globetrotters.

Motivated by these inspirational stories of Caldwell College grads? Take the opportunity to learn more about Caldwell College by attending their next admissions event. (caldwell.edu/rsvpinfo). For more information about the college you can also visit Caldwell.edu.

Caldwell College is a Catholic, coed, four-year liberal arts institution with a core curriculum that enhances critical thinking and analytical reasoning. Students enjoy a beautiful 70-acre campus located in Caldwell, New Jersey. The college was founded in 1939 by the Sisters of Saint Dominic of New Jersey and their core values of respect, integrity, community and excellence continue to influence academic and campus life. Visit caldwell.edu to learn more.

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Top-Notch Courses @ CCC's Price + Unlimited Transfer Opportunities = The Best Higher Education Bargain

Imagine earning a bachelor's degree from a selective liberal arts college or an Ivy League university – say, Bryn Mawr College or Smith College or the University of Pennsylvania – for about half the usual cost.

Attend Camden County College, and no imagining is required: Graduates have been doing so throughout the last 40 years, just by completing the first two years of their higher education at CCC before transferring.

When CCC opened in 1967, a Camden County resident could take a full-time course load for just \$275 per academic year. Today's tuition rate isn't that cheap, but it's still a bargain compared to what's charged by public and private four-year schools – especially the highly competitive institutions.

Today, a year of full-time study at 15 credits per semester would cost you \$3,030 in tuition at CCC. According to the New Jersey Commission on Higher Education, you'd pay more than double that – about \$8,616 – for those same credits at a state-supported four-year school and seven times that – \$21,477 – for two

semesters at one of those universally prestigious independent four-year institutions.

Best of all, Camden County College credits transfer most anywhere. Bryn Mawr, Smith and Penn have all accepted CCC alumni in recent years, and among the top 10 schools that CCC graduates transfer to are nationally ranked Drexel, Rowan, Rutgers and Temple Universities.

If you think you can't start here and go anywhere, think again. While you're at it, think of all of the transferable credits you'll be earning and all of the money you'll be saving.

It takes a smart person to earn a baccalaureate from well-regarded school. It takes an even smarter one to do so for a fraction of the cost.

For more information about how Camden County College can help you make your higher education dreams come true, come to the Open House on April 28. CCC also is hosting Information Sessions to be held on the Blackwood Campus March 16, April 17 and June 21 at 5:30 p.m. If you would like to attend an Information Session, call (856) 227-7200, ext. 4973 to reserve your seat.

News & Notes From **CATHOLIC star herald** Advertisers

GCU: Preparing Students for Personal & Professional Success

Georgian Court University—established more than 100 years ago by founders who wanted to create a women's college and provide them with quality education—is full of traditions. But perhaps one of the biggest traditions of all is GCU's ability to embrace change.

Campus wide, more than 2,500 students are enrolled at GCU, which makes its home in Lakewood, N.J., just minutes from the beaches of the Jersey shore and only an hour from Philadelphia or New York.

Through GCU's historic Women's College and its University College—which offers coeducational programs and graduate studies—students can explore programs from biology and chemistry to dance and holistic health. GCU is home to one of the state's most well-known teacher prep programs and the School of Business houses GCU's popular 52-week MBA program. GCU also has new programs in Applied Behavior Analysis, Homeland Security, Business & Latino Studies, and other growth areas.

The university last year launched its groundbreaking P-3 education program,

which offers teacher certification in both early childhood and special education, and professional educators often turn to GCU for additional training on autism spectrum disorders. At the same time, the university is addressing New Jersey's pressing issues in healthcare with its four-year B.S.N. program, which is sponsored by the GCU-Meridian Health School of Nursing.

At GCU, there is no shortage of innovative programs or opportunities.

"Attending GCU opened my eyes to so many things," says Wilsar Johnson, a graduating senior who is also campus SGA president. The Camden native, who is interested in a public service career, considers her decision to attend Georgian Court one of the best moves she ever made.

"It has allowed me to believe that the impossible is definitely possible," she says, "and to be myself."

Visit www.georgian.edu to learn more or easily apply online. You can also contact the GCU admissions team at 732.987.2700 or admissions@georgian.edu.



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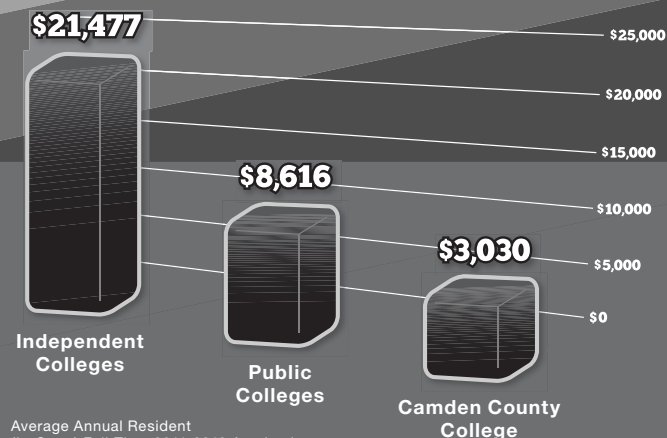
open house

SUNDAY, MARCH 25

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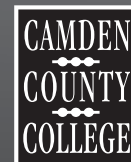


Average Annual Resident (In-State) Full-Time 2011-2012 Academic Year Undergraduate Tuition Charges from NJ Commission of Higher Education (29 Independent Colleges, 11 Senior Public Colleges and 19 Community Colleges) CCC tuition based on 30 credit hours.

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