



North Dakota State University

Drug-Free Schools and Campuses Regulations [EDGAR Part 86]
Biennial Review: 2022

December 2022

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I. Introduction / Overview

North Dakota State University (NDSU) is committed to an environment that supports the academic success and health and well-being of our faculty, staff and students and has a Drug-Free Campus Program that serves to provide the campus with activities and services designed to encourage a healthy and drug-free lifestyle.

In keeping with the requirements of the Drug-Free Schools and Campuses Regulations [EDGAR Part 86], NDSU has an Alcohol and Other Drug Policy that describes standards of conduct that clearly prohibit the unlawful possession, use, or distribution of illicit drugs and alcohol by students and employees on NDSU property or as part of any University sponsored activities. The policy includes the following:

- A description of legal sanctions under federal, state, or local law for the unlawful possession use or distribution of illicit drugs and alcohol;
- A clear statement of disciplinary sanctions NDSU will impose on students and employees for violations of the standards of conduct;
- A description of the health risks associated with the use of illicit drugs and the abuse of alcohol;
- A description of the drug and alcohol counseling and treatment resources available to students and employees.

As outlined in the “Complying with the Drug-Free Schools and Campuses Regulations” [EDGAR Part 86], the policy is distributed to all students and employees as part of our Drug-Free Campus Program.

This required biennial review has the following two objectives. First, to determine the effectiveness of, and to implement necessary changes to, the Drug-Free Campus Program. Secondly, to ensure that campuses enforce the disciplinary sanctions for violating standards of conduct consistently.

II. Biennial Review Process

The 2022 Biennial Review covers the period of 2020-2022. Specifically, the fall 2020 semester through the summer of 2022.

A. Location of Biennial Review

The most current Biennial Review for North Dakota State University will be posted on the NDSU Student Health Service Website within the Substance Use Education pages (https://www.ndsu.edu/studenthealthservice/healthpromotion/well_being_education/substance_use_education/). A hard copy will be made available upon request.

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III. Annual Policy Notification Process

A. Content of Alcohol/Drug Abuse and Prevention Statement

NDSU complies with and supports the North Dakota State Board of Higher Education policy governing alcohol use on campus, the Drug Free Workplace Act of 1988, Public law 100-690 and the Drug-Free Schools and Communities Act Amendments of 1989, Public Law 101-226, and 2 CFR § 182.215.

North Dakota State University has a genuine caring concern for the community in which it lives and for its people. For this reason, the university is committed to maintaining an academic and social environment that is conducive to the intellectual and personal development and the safety and welfare of all members of the university community. This policy statement has been established because NDSU:

- i. is committed to changing the culture that perpetuates the misuse and abuse of alcohol and other drugs;
- ii. is concerned with promoting the well-being of our campus and surrounding communities;
- iii. believes that the solution to alcohol and other drug misuse and abuse will require a community-wide approach

The NDSU Alcohol and Other Drugs – Unlawful and Unauthorized Use by Students and Employees (Policy 155) can be found online: <https://www.ndsu.edu/fileadmin/policy/155.pdf> and in Appendix A.

B. Notification Process for Employees

Each faculty and staff member receive an email from the Director of Human Resources and Payroll, containing the full text of the NDSU's Alcohol and Other Drugs Policy. This email is sent out early fall semester and early spring semester (see Appendix B for Policy Email Notification to Employees). Furthermore, the policy is noted in the [NDSU Annual Notice of Policies](#) covered under the ND Risk Management Program and Mandatory Designated Medical Provider and Reporting Law, which individuals employed by NDSU are required to read and sign annually.

C. Notification Process for Students

Each student receives an email from the Dean of Students containing the full text of the NDSU's Alcohol and Other Drugs Policy. This email is sent out early fall semester and early spring semester (see Appendix C for Policy Email Notification to Students).

Students are informed of and required to abide by the Code of Student Conduct ([Policy 601](#)), that outlines NDSU's behavioral expectations of students and student organizations, prohibited conduct, the process for handling potential violations, and the possible outcomes of the conduct process.

Additionally, student employees follow the same NDSU Annual Notice of Policies requirement as listed above for employees.

D. Email Communication

Email is an official communication method to both employees ([Policy 158.1](#)) and students ([Policy 609](#)) therefore, it is a reasonable assurance that each student, staff and faculty member receives the materials annually.

IV. Alcohol and Other Drug (AOD) Data / Needs Assessment

A. North Dakota Student Wellness and Perceptions Survey (NDSWAPS)

Every two years, the North Dakota University System (NDUS) deploys a systemwide survey to capture the impact of alcohol, tobacco, and other drugs on the experiences of students. In 2018, the NDUS stepped away from the CORE Survey format, which had been in place for years, and developed the NDSWAPS: The North Dakota Student Wellness and Perceptions Survey. This comprehensive yet succinct survey tool provided information in all areas of substance misuse, wellness, perceptions of substance use of peers, sexual assault, suicidality, and mental health. Again in 2020, the Systemwide NDSWAPS went to all students.

In 2021, one of the NDUS campuses discovered anomalies in the 2020 data. Upon further inspection in 2022, incongruencies were evident in the 2018 data. From there, the NDUS hired a new researcher to dive into the concerns and find the sources of the issues. After more digging, the researcher was able to identify more concerns that resulted in filing adverse event reports with the Institutional Research Boards at all eleven campuses for both the 2018 and 2020 surveys.

The NDUS is in the process of working with the new research team to correct the data in those reports and to forge ahead with a new survey tool in 2023. Currently, we are not able to share any of the 2018 or 2020 NDSWAPS findings, as the reports are not correct or reliable. We plan to enroll the ACHA/NCHA survey tool in the Fall of 2023 and have fresh data for the 2024 Biennial Review.

B. American College Health Association – National College Health Assessment III (ACHA-NCHA III)

The American College Health Association – National College Health Assessment III (ACHA-NCHA III) is a nationally recognized survey that assists in collecting precise data about students' health habits, behaviors, and perceptions. It captures a wide variety of key health and wellness related topics including: substance use, sexual health, nutrition, exercise, mental health, personal safety, and preventive health practices. NDSU participated for the first time in the Spring of 2021 and will continue implementing on a cyclical basis as part of the ongoing data collection plan for the NDUS. The 2021 data is being further analyzed and distributed to campus by the [Presidents Council for Campus Well-being Data Exploration Work Group](#) and used to guide well-being campus efforts. (See Appendix D for ACHA-NCHA 2021 Executive Data Summary).

V. AOD Policy, Enforcement, and Compliance Inventory

A. Inventory of Policies

- a. Alcohol and Other Drugs – Unlawful and Unauthorized Use by Students and Employees - Policy 155

Content of the Alcohol/Drug Abuse and Prevention Statement is listed above.

- b. Smoke-Free Facilities - Policy 153

NDSU is currently smoke-free however, is seeking adoption of a Tobacco-Free Campus policy in which to highlight that the use of tobacco products is linked to many health hazards including cancer, heart disease, stroke, lung disease, diabetes and Chronic Obstructive Pulmonary Disease (COPD). NDSU is committed to promoting healthier educational, work and living environments and recognizes the serious health risks associated with the use of tobacco products, both to users and non-users alike, and believes that the use of Tobacco Products is detrimental to the health and safety of students, employees and visitors.

This tobacco-free policy would be established to:

- i. Reduce the high incidence of tobacco use in North Dakota.
- ii. Protect the health and safety of all students, employees, and the general public.
- iii. Establish a standard of healthy, tobacco-free behavior.

- c. Rights and Responsibilities of Community: A Code of Student Conduct - Policy 601

The Code of Student Conduct (Code) is derived from three core values that support an educational environment:

- i. Respect for the NDSU community (on and off campus),
- ii. Respect for the protection and rights of others, and
- iii. Respect for students in the conduct resolution process.

This Code strives foster development of personal accountability and commitment to the mission and values of the NDSU community. The Code specifically addresses prohibited conduct such as Alcohol on NDSU Property, Off Campus Alcohol, Drugs Other Than Alcohol, Conduct While Under the Influence of Alcohol or Other Drugs, Alcohol at Student Organization Events, Advertising Related to Alcohol, and Smoking.

- d. Code of Conduct - Policy 151

This Code of Conduct establishes minimum standards for all NDSU employees. NDSU is committed to uphold the highest ethical and professional standards. All NDSU employees must, at all times, comply with all applicable laws, regulations, policies and procedures.

This policy specifically states, unlawful consumption of alcoholic beverages or use of illegal drugs, being at work while under the influence of alcohol or drugs, disruptive behavior, gambling, unauthorized use of public property or resources and other unauthorized activities that disrupt the efficient and economical administration of NDSU, are prohibited. Violation of applicable laws or policies governing possession and use of alcoholic beverages or drugs, including the Drug Free Workplace Act, SBHE Policy

615 or NDSU Policy 155 Alcohol and Other Drugs – Unlawful and Unauthorized Use by Students and Employees are prohibited.

- e. Drug and Alcohol Testing - [Policy 161.1](#)
NDSU is committed to providing a safe working environment and to protect the health and safety of students, faculty and staff, visitors and University property. This policy provides a mechanism for identifying and intervening when individuals who could pose a threat to the safety of others and property. Required drug and alcohol screening of employees in designated positions is addressed in NDSU policy 161.1.
- f. NDSU Student-Athlete Handbook and Code of Conduct
The Code of Conduct for student athletes includes the information, guidelines and resources needed for success and academic excellence. The Code includes drug testing/alcohol screening guidelines and also references the following student-athlete policies. (See Appendix E for full Student-Athlete Handbook and Code of Conduct)
 - i. [NDSU Student-Athlete Alcohol Education & Alcohol Testing Policy](#)
 - ii. [NDSU Student-Athlete Drug Education & Drug Testing Policy](#)
- g. NDSU Football Tailgating Policy
Standards have been developed so that NDSU students, faculty, staff, alumni, and guests may enjoy their game day experience to the fullest. It is the expectation that all cooperate in observing each of standards, which are provided in the best interest of health and safety.
- h. Parental Notification Policy
Parents or guardians of students under 21 may be contacted by an NDSU staff member if a student is found responsible for alcohol and/or drug related violations. Notification may be made in the following instances:
 - i. If a University referral for assessments or evaluations for chemical dependency is assigned, and/or when conduct sanctions of Conduct Probation or greater are assigned.
 - ii. Based on situations that appear to endanger the health, safety, or life of other persons or the student.
 - iii. If an individual is involved in incidents that resulting in significant property damage.
 - iv. If a decision is made that it is in the best interest of the student to involve a parent or guardian to help address other significant life concerns related to illegal use of alcohol or other drugs.

B. Enforcement - On-Campus Authorities

- a. University Police and Safety Office
The University Police and Safety Office provides professional services and resources to help the campus be a safe and secure environment while being prepared to respond to the emergency service needs of the community. To accomplish this, the department serves as the lead institutional unit responsible for safety and security, law enforcement, risk management and emergency preparedness and response.

b. Dean of Students Office

The Dean of Students office serves campus by addressing student concerns, connecting students to resources, and consulting with campus partners on a wide range of student issues.

C. NDSU Alcohol and Drug-related Reported Violations

Incidences related to alcohol and other drugs are reported on-campus and off-campus using the number of disciplinary cases handled yearly.

a. Residence Life AOD Violation Trends

Residence Life AOD Violations			
Academic Year	Alcohol	Other Drug	Total Disciplinary
2005-2006	532	14	788
2006-2007	451	26	849
2007-2008	422	29	665
2008-2009	538	37	729
2009-2010	610	39	893
2010-2011	621	59	1,030
2011-2012	589	66	865
2012-2013	667	73	1,078
2013-2014	647	70	962
2014-2015	584	109	1,021
2015-2016	649	156	1,252
2016-2017	497	100	904
2017-2018	342	87	741
2018-2019	332	92	627
2019-2020	420	99	620
2020-2021	441	81	671
2021-2022	439	89	682

b. Student Life AOD Violations

Academic Year	Student Life AOD Violations		
	Alcohol	Other Drug	Total Disciplinary
2005-2006	434	9	507
2006-2007	360	14	442
2007-2008	418	20	501
2008-2009	445	28	525
2009-2010	582	42	687
2010-2011	472	12	558
2011-2012	280	7	412
2012-2013	414	18	469
2013-2014	225	17	444
2014-2015	235	13	361
2015-2016	203	18	246
2016-2017	205	12	225
2017-2018	191	6	209
2018-2019	175	13	190
2019-2020	120	7	142
2020-2021	142	2	171
2021-2022	144	1	157

The total number of violations reflect the date of incident during a given academic year for individuals enrolled at the time of the incident. The total violation number includes all incidents reported to the department above, including alcohol, other drugs, and all other code violations. If an incident involved both an alcohol and a drug violation, the incident will be counted in both the alcohol and drug columns. The incident numbers are not always reflective of how many cases were heard, as information collected while a student has taken time away from the University is held until the student returns. The incident numbers do not reflect if a student was found responsible for a violation, only if the student was charged by the University.

c. NDSU Crime and Referral Statistics

Annual statistics are prepared by collecting crime and referral data from NDSU Police records, Residence Life and other Campus Security Authorities. All statistics are gathered, compiled and reported to the university community via the [2022-2023 Annual Security Report on Personal Safety and Security](#) document published by the University Police and Safety Office.

The following include trend data for alcohol and drug related citations:

Offense (Reported by Hierarchy)	year	On-campus property	On-campus Housing facilities	Non-campus property	Public Property	Unfounded Crimes
Liquor Law Arrests	2021	24	12	0	12	0
	2020	29	17	0	20	0
	2019	38	14	0	23	0
	2018	71	24	0	35	0
	2017	87	37	0	23	0
	2016	88	43	0	24	0
Drug Law Arrests	2021	7	6	0	6	0
	2020	14	10	1	11	0
	2019	15	13	0	4	0
	2018	27	18	0	19	0
	2017	48	24	0	4	0
	2016	45	29	0	12	0
Liquor Law Violations Referred for Disciplinary Action	2021	173	172	0	0	0
	2020	159	158	0	0	0
	2019	140	139	0	0	0
	2018	102	101	0	0	0
	2017	162	167	0	0	0
	2016	173	167	0	0	0
Drug Law Violations Referred for Disciplinary Action	2021	0	0	0	0	0
	2020	2	2	0	0	0
	2019	0	0	0	0	0
	2018	0	0	0	0	0
	2017	2	2	0	0	0

D. Enforcement - Off-Campus Authorities

- a. Fargo Police Department, Moorhead Police Department, West Fargo Police Department, and Cass County Sheriff's Office, conduct alcohol compliance checks monthly to ensure that establishments are not making sales to minors. Establishments are randomly selected and are checked four times per calendar year. [Fargo Municipal Code 25-1512](#), [Moorhead City Code Section 2-3-21-A](#), [West Fargo Ordinance 1119-10-01](#), and [North Dakota Century Code 5-01-08.3 Sub 2-3](#) outline the penalties for failing compliance checks or for making sales to minors.
- b. Legislation allows a licensed retailer or municipal liquor store to seize a form of identification if there is reasonable grounds to believe that it has been altered, falsified, or is being used to violate any law. If the ID is seized, the retailer or liquor store must give to their local law enforcement agency within 24 hours ([North Dakota Century Code 5-01-08.3 Sub 2-3](#)).
- c. [Fargo Municipal code 25-1501 \(26\)](#) states that mandatory server training is required for all liquor licenses, including restaurants.

- d. The City of Fargo has established an ordinance for over-serving. [Municipal Code 25-1509.2](#) outlines the law concerning over-serving of bar and liquor store establishment patrons.
- e. [North Dakota Century Code 05-01-06.1](#) establishes that every spouse, child, parent, guardian, employer, or other person who is injured by any obviously intoxicated person has a claim for relief for fault against any person who knowingly disposes, sells, or gives away alcoholic beverages to:
 - i. A person under twenty-one years of age
 - ii. An incompetent, or
 - iii. An obviously intoxicated person

And if death ensues, the survivors of the deceased are entitled to damages. Enforcement of and penalties for violation of this law are dependent on the philosophy of individual city governments and the circumstances surrounding each occurrence.

E. Enforcement - Other

- a. NDSU student affairs staff, legal staff, and law enforcement staff have developed positive, collaborative relationships with community law enforcement agencies and judicial representatives. Representatives communicate regularly about shared concerns related to student behavior in the community, including a biennial meeting for campus officials and local law enforcement representatives. The focus is usually around drug and alcohol behavior. As a result of these relationships, Fargo and Moorhead City police share all arrest reports of NDSU students with judicial officers on campus. This helps NDSU to address off campus behavior as it relates to membership in our campus community. In addition, these relationships have led to mutual city and university support for city ordinances and state laws related to alcohol and other drugs.

VI. AOD Comprehensive Program/Intervention Inventory & Related Process and Outcomes/Data

A. Community Activities/Initiatives

- a. North Dakota Higher Education Consortium for Substance Abuse Prevention (NDHECSAP)
NDSU is a member institution of the North Dakota Higher Education Consortium for Substance Abuse Prevention (NDHECSAP). This consortium provides support to all member institutions to reduce substance use in North Dakota's college student population and reduce negative health and safety consequences related to substance use in that population.
- b. Mayors' Blue Ribbon Commission
In 2016, the mayors of Fargo, West Fargo, Moorhead and Dilworth formed a Blue Ribbon Commission on Addiction to address substance abuse. The goal of the Mayors' Blue Ribbon Commission is to take actions aimed at ending the addiction epidemic. It encompasses a range of public health and public safety strategies, spanning from prevention and early identification to treatment and recovery.

- c. [Recovery Reinvented](#)
Recovery Reinvented is a movement to end the shame and stigma surrounding the disease of addiction in North Dakota.

B. Programs for Special Populations

- a. [Student Athletes](#)
Alcohol and tobacco/nicotine education is provided for athletes as a means to educate on harm reduction. It is a brief alcohol prevention and harm reduction presentation. It walks students through risks and norms associated with alcohol and how it may impact their athletic performance. It also gives the student information, strategies and skills to make low risk decisions about alcohol and tobacco/nicotine use.

C. Individual Based Programs/Interventions

- a. [Brief Alcohol and Screening and Intervention for College Students \(BASICS\)](#)
BASICS is a service available for students who want to explore their alcohol and other drug use. It is designed to assist students in examining their own behaviors in a judgment-free environment. BASICS may be required when a student violates NDSU policy in regards to alcohol and other drugs.
- b. [CHOICES](#)
CHOICES is a means to educate on harm reduction. It is a brief alcohol prevention and harm reduction program. It walks students through self-reflection and discussion about facts, risks and norms associated with alcohol. It also gives the student information, strategies and skills to make low risk decisions about alcohol.
- c. [eCHECKUP TO GO - Alcohol](#)
Electronic eCHECKUP TO GO is a brief on-line assessment and feedback tool designed to reduce drinking among college students. eCHECKUP is designed to motivate students to reduce their consumption using personalized information about their own drinking and risk factors.

eCHECKUP is currently being required of all first-year students at NDSU. North Dakota state-appropriated funding, through the ND Higher Education Consortium on Substance Abuse Prevention, is allotted to each participating institution to cover the costs of an eCHECKUP Alcohol subscription. All first-year students are notified of the requirement to complete eCHECKUP prior to the start of their first semester, and they are sent multiple reminders throughout the first several weeks of the semester. Correspondence to students regarding the requirement comes from Student Health Service Health Promotion.

- d. [eCHECKUP TO GO – Nicotine](#)
The Nicotine eCHECKUP TO GO is a non-required self-assessment that provides students with accurate and personalized feedback about:
 - i. Individual nicotine/tobacco use pattern
 - ii. Risk patterns
 - iii. Aspirations and goals
 - iv. Helpful resources at and in the community

- e. [Student Health Service](#)
All student patients who utilize Student Health Service will undergo a number of regular screening questions addressing alcohol use, tobacco use, mental health, and sexual activity. Any indication of concern will prompt a larger conversation with the student and their nurse, provider or possibly be cause for referral.
- f. [Counseling Center](#)
The Counseling Center works with students to reduce risky behavioral choices through one-on-one and group counseling, as well as through programs and workshops offered by Center staff members.
- g. [Sexual Assault Prevention and Advocacy](#)
The Sexual Assault Prevention Advocate serves as a support and resource for students who may have experienced sexual assault, harassment, or intimate partner violence and connects that student to systems of support both on and off campus.
- h. [Employee Assistance Program](#)
NDSU pays the premium to provide counseling services to employees and their household members through The Village EAP. This service may provide evaluation and/or treatment for alcohol or other drug related problems.
- i. [Resident Assistant Intentional Conversations](#)
Resident Assistants are asked to intentionally connect with their residents three times each semester (about once every six weeks) to talk with them about specific topics related to their development at NDSU. It is during these conversations where challenges with academics, mental health concerns, substance use related concerns, etc. may be identified. RAs will suggest resources based on what the student shares and will refer to additional support as needed.
- j. [NDSU Care Team](#)
The Care Team meets weekly, and is designed to address concerning student behaviors and coordinate student care. Focused on student safety and support, the team consists of professionals from across campus. The Care Team includes representation from offices such as: Residence Life, Counseling Center, Student Health Service, University Police and Safety Office, Student Success Programs, TRIO, Disability Services, and Student Case Management, Dean of Students Office.
- k. [Case Management](#)
Beginning summer 2022, NDSU employed a full-time Case Manager. Case Management is a method of providing services where a licensed social worker works with the student to assess their needs that may be presenting barriers to their success at NDSU. When appropriate, the case manager will work with the student to arrange, coordinate, monitor, evaluate, advocate, and connect students to services on and off campus.
- l. [Referrals to off-campus Treatment Providers](#)
Students who are needing further assistance are provided a number of resources for community programs and facilities. Referrals are made through Student Health Service, Counseling Center, and the Case Manager.

D. Group Based Programs/Interventions

a. Alcohol and other Drug Education delivered during Orientation

A collaborative presentation with Counseling Center, Wellness Center, University Police, and Student Health Service on campus well-being and related resources is provided for parents and guardians of first year students, which includes an overview of alcohol and other drug policies, safety and security information and eCHECKUP to go is discussed as a requirement.

b. Peer Education Programs

Peer Education is an approach to health promotion in which students are trained to promote health-enhancing knowledge and skills among their peers. These Peer Educators serve as positive role models to their fellow students while providing opportunities and information to engage in healthy decision-making, behaviors, and personal and community connections. Student Health Service has two peer education groups:

- i. Campus Well-being Educators (CWEs) – This peer education group is dedicated to promoting healthy lifestyle choices for NDSU students through health and well-being programming and campus outreach with support of the President’s Council for Campus Well-being.
- ii. Violence Prevention Educators (VPEs) – This peer education group is focused on educating the campus community on awareness and prevention of power based personal violence with an emphasis on sexual violence, dating violence and stalking.

c. Campus Attractions

Campus Attractions (CA) is dedicated to serving the NDSU community by providing educational, cultural, social and recreational programs and activities through a wide variety of resources. CA works hard to provide NDSU students with many unique and entertaining opportunities including but not limited to late night events, hypnotist, concerts, speakers, and free weekly movies. CA is a student-run programming board that is always trying to add exciting events to the NDSU campus.

d. We Take a Stand Training

A 90-minute mandatory sexual violence prevention seminar for all incoming freshmen and transfer students which focuses on sexual violence, staking, bystander intervention, and personal safety. This training includes scenario-based discussion questions and includes conversation around alcohol and consent.

e. Health Promotion Request Form

The Health Promotion staff and students/peer educators are available to provide presentations and education per request. Topics have included overall well-being, sleep, substance use education, sexual assault prevention, and more.

E. Universal or Entire Population Based Programs Programs/Interventions

a. Social Norming and Awareness Education

- i. President’s Council for Campus Well-being (PCCW) Well-being Awareness Campaign – The Personal Development Work Group continues to implement a social norming campaign addressing all areas of well-being and worked with a

Marketing and Communication class to develop material and gain student feedback and insight.

- ii. Student Health Service social media accounts (Facebook and Instagram) regularly incorporate substance use education and social norming.

b. [Substance Use Education website](#)

The Substance Use Education website and programming strives to educate students and the campus community about the risks associated with alcohol use, communicate clear messages about the consequences of underage drinking and provide on-campus programs and activities. Website includes family information, frequently asked questions, and Resources.

c. [Think... programming](#)

"Think..." is a series of educational sessions for the NDSU community "to reflect on or ponder" a variety of health and well-being topics. This program is designed by Student Health Service Health Promotion and supported by the Presidents Council for Campus Well-being.

d. [Mental Health First Aid Training](#)

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Mental Health First Aid Training Covers:

- i. Common signs and symptoms of mental illness
- ii. Common signs and symptoms of substance abuse
- iii. How to interact with a person in crisis
- iv. How to connect someone with help
- v. Newly added: Expanded content on trauma, addiction and self-care

F. Environmental/Socio-Ecological Based Programs

a. [The President's Council for Campus Well-being \(PCCW\)](#)

The PCCW was formed to support the academic mission of the University by taking a holistic approach to increasing and sustaining all aspects of campus well-being. The President's Council expands the scope of the work already being done on campus to further address factors that impact overall well-being. Designation as a "President's Council" signals the strategic importance of creating a campus of well-being to the success of NDSU.

b. [Alcohol-Free Social Options with Extended Hours](#)

Extended hours are available for students at the following facilities:

- i. The NDSU Wallman Wellness Center's fitness
- ii. The Memorial Union
- iii. The Memorial Union Rec & Outing Center
- iv. NDSU Library

- v. **Campus Attractions:** Organizes movies, films, picnics and games in different locations on the campus.
- c. **Alcohol-free Residence Facilities**
The Wellness Learning Community is a residential program that fosters a substance-free environment in which students and staff are focused on the Seven Dimensions of Wellness (Physical, Emotional, Occupational, Spiritual, Intellectual, Social, and Environmental). This living learning community paused Fall 2021 for re-evaluation.
- d. **NDSU Wellness Center**
The Wellness Center promotes a culture of life-long wellness by developing innovative programs and services for the NDSU community.
- e. **Student Health Service, Health Promotion**
Health Promotion strives to promote and advocate for NDSU as a campus of health and well-being through education, awareness, and involvement opportunities. Health Promotion assists with collaborative presentations and conducts guest talks for the campus community and for students in classes, Fraternity and Sorority Life, club sports and with athletes.
- f. **NDSU Volunteer Network**
The Volunteer Network (VN) helps students, faculty and staff find service opportunities in the Fargo-Moorhead and surrounding communities. Our student staff works closely with nonprofit agencies to identify individual and group service opportunities that not only meet the needs of the community, but match student interests and skills. The VN also coordinates special programs and events throughout the school year to address community needs, engage NDSU students in service, and educate about social justice issues. The VN recognizes and understands the civic and social challenges of our local and global communities.

VII. Alcohol and Other Drug Comprehensive Program Goals and Objectives for Biennium

The 2020 Biennial Review reported on the progress of the [Presidents Council for Campus Well-being \(PCCW\)](#) and that it has established a [strategic plan](#) and has begun working towards its mission to support the academic mission of the university by increasing and sustaining all aspects of campus well-being and its vision of a vibrant university environment, free from violence, supporting student success and culminating in a culture of health where all community members are empowered to advance well-being in order to meet the outcome of NDSU as a campus community of well-being for students, faculty, staff, families, visitors and alumni.

The PCCW has continued these efforts by taking a holistic approach to increasing and sustaining all aspects of campus well-being. The PCCW brings together a multi-disciplinary group of NDSU faculty, staff, students and community partners to address a range of social and environmental factors that strengthen the health and well-being of our campus community.

The following Annual Reports outline established goals and actions items completed toward these goals:

- [2019-2020 PCCW Annual Report](#)
- [2020-2021 PCCW Annual Report](#)
- [2021-2022 PCCW Annual Report](#)

The PCCW will continue this work into the next biennium and will continue to incorporate substance use education through a holistic approach.

VIII. AOD Strengths and Weaknesses

A. Strengths

- a. A committed Presidents Council for Campus Well-being, comprised of committed faculty, staff and students that approaches well-being (including substance use education) through a holistic lens.
- b. Consistent enforcement on and off-campus regarding alcohol, tobacco, and other drugs.
- c. Strong connection and collaboration with campus partners, departments, and services to better serve our student related to health and well-being needs.
- d. Mental health and alcohol use screening tools are available on the NDSU Counseling Center website.
- e. All first-year and transfer students are required to complete the eCHECKUP TO GO program.
- f. All first-year and transfer students are required to complete the We Take a Stand training.

B. Weakness

- a. There is no longer a full-time coordinator for substance use education.
- b. Policies around alcohol sponsorship and alcohol sales within the Fargodome have changed to allow alcohol sales during athletic games beginning fall 2022.
- c. North Dakota has one of the highest rates of underage and binge drinking in the country. A cultural change is needed to address this statistic.
- d. NDSU is only smoke-free and is the only NDUS campus that is not fully tobacco-free.

IX. Recommendations for the Next Biennium

- e. Focus on best practices around policies allowing alcohol sales on campus or at college sporting events. Examples include:
 - i. Communicate the policy consistently
 - ii. Increase “responsible drinking” messaging on game day and more consistently throughout campus
 - iii. Limit the number of drinks sold per transaction
 - iv. Increase focus on safe tailgating experiences
- f. Change Policy 153 from smoke-free to a tobacco-free campus.
- g. Prepare for education and communication around legalization of recreational cannabis.

- h. Continue to strengthen evidence-based educational opportunities around substance use.

X. Appendices

- a. Appendix A: Alcohol and Other Drugs – Unlawful and Unauthorized Use by Students and Employees (Policy 155)
- b. Appendix B: Policy Email Notification to Employees
- c. Appendix C: Policy Email Notification to Students
- d. Appendix D: ACHA-NCHA 2021 Executive Data Summary
- e. Appendix E: NDSU Student-Athlete Handbook and Code of Conduct
- f. Appendix F: EDGAR Part 86 Worksheets
 - i. EDGAR 86 Worksheet 2020
 - ii. EDGAR 86 Worksheet 2021
 - iii. EDGAR 86 Worksheet 2022

North Dakota State University

Policy Manual

SECTION 155

ALCOHOL AND OTHER DRUGS: UNLAWFUL AND UNAUTHORIZED USE BY STUDENTS AND EMPLOYEES

SOURCE: NDSU President
SBHE Policy Manual, Section 918

1. NDSU complies with and supports the North Dakota State Board of Higher Education policy governing alcohol use on campus, the [Drug Free Workplace Act of 1988](#), Public law 100-690 and the [Drug-Free Schools and Communities Act Amendments of 1989](#), Public Law 101-226, and [2 CFR § 182.215](#).

North Dakota State University has a genuine caring concern for the community in which it lives and for its people. For this reason, the university is committed to maintaining an academic and social environment that is conducive to the intellectual and personal development and the safety and welfare of all members of the university community.

This policy statement has been established because NDSU:

- is committed to changing the culture that perpetuates the misuse and abuse of alcohol and other drugs;
- is concerned with promoting the well-being of our campus and surrounding communities;
- believes that the solution to alcohol and other drug misuse and abuse will require a community-wide approach.

The misuse and abuse of alcohol and other drugs represents a major health problem in the United States today and poses a serious threat to the health and welfare of the NDSU community. In addition, alcohol and other drug abuse consequences can limit career choices and achievement. NDSU has gathered data that demonstrates that high-risk drinking among students is significantly associated with violence, memory loss, driving under the influence (DUI), sexual assault, lessening of academic performance, estrangement of social relationships and property damage. Studies outside the university show that alcohol misuse can result in serious bodily injury, illness, or death. This policy applies to all NDSU students and employees, as well as visitors to campus.

2. The State Board of Higher Education prohibits the possession, sale, dispensation, use or consumption of alcoholic beverages upon land or in buildings owned by the Board or its institutions. Exceptions may include the lawful possession of alcohol in family student residences, on-campus professional staff residences, fraternities and sororities (in certain circumstances), the President's residence, and other special exceptions as granted by the President or the President's designee. For the complete State Board of Higher Education policy see [SBHE Policy 918: Alcoholic Beverages](#).

The University prohibits the *unlawful or unauthorized* use, possession, storage, manufacture, distribution, or sale of alcoholic beverages and products (hereafter referred to as "alcohol"), as well as any illicit drugs or drug paraphernalia in University buildings, any public campus area, in University housing units, in University vehicles, or at any University affiliated events held on or off-campus, which are sponsored by students, employees and their respective campus organizations

(including all fraternities and sororities).

For NDSU employees, non-compliance with this policy could result in disciplinary action up to and including termination of employment (see section 5.2).

For NDSU students and student organizations, non-compliance with this policy could result in disciplinary action up to and including suspension, expulsion or loss of status as a registered student organization (see section 5.1).

3. The University recognizes that chemical dependency and chemical abuse are concerns that can impact both academic success and work performance and there are assistance programs available to help individuals experiencing problems. When appropriate, NDSU personnel may refer students to the [NDSU Counseling Center](#) (701-231-7671), or to agencies outside of NDSU for evaluations and/or treatment for alcohol- or other drug-related problems. NDSU personnel may also refer NDSU employees to agencies outside of NDSU for evaluation and/or treatment for alcohol or other drug related problems. As part of their benefit package, employees may access services through the [Employee Assistance Program](#). Employees may refer students in need of services to the Counseling Center at (701) 231-7671. Faculty, staff, and students can access information on available drug and alcohol prevention programs the university offers by going to the [Health Promotion](#) website.
 - 3.1 Organizations are required, by Federal Regulation ([2 CFR § 182.215](#)), to not only publish a drug-free workplace statement, but also establish a drug-free awareness program for employees. Part of the drug-free awareness program is to inform employees regarding the dangers of drug abuse in the workplace. Information on the health risks of [alcohol abuse](#) and [drug abuse](#) can be found at the U.S. National Library of Medicine and the National Institute for Health. Additional information can be found at the [Health Promotion](#) website.
4. These guidelines apply to students, employees, and campus organizations, which include, but are not limited to registered student organizations under the Congress of Student Organizations. For information concerning applications of this policy, please consult the Vice Provost for Student Affairs and Enrollment Management (for students) or the University Human Resources/Payroll Director (for employees).
 - 4.1 Students and employees and their respective campus organizations may not use organizational or public funds (including general and special funds) for the purchase of alcohol or associated permits.
 - 4.2 Sale of alcohol by students, employees and their respective campus organizations is strictly forbidden. This is to include any action that can be remotely construed as alcohol sales such as charging admission to parties, passing the hat, selling empty cups, selling drink tickets, etc.
 - 4.3 Off-campus activity conducted by students and employees, and their respective campus organizations shall not encourage excessive and/or rapid consumption of alcohol. The use of alcohol at any such events is expected to be lawful and low risk. Acceptable low-risk use of alcohol may vary due to certain individual considerations. For further information about low-risk alcohol consumption, see the [Health Promotion](#) website.
 - 4.4 Registered student organizations planning off campus events at which alcohol may be available must complete the Alcohol Risk Management Assessment form found in [myNDSU](#). When planning an off-campus work related event where alcohol will be present, employees with questions about low-risk guidelines should contact the [Director of Human](#)

[Resources/Payroll, SGC Building.](#)

- 4.5 University sponsored events that are held at locations off campus, and at which alcohol may be present, are required to adhere to this policy. In addition, if alcohol will be served at the event, the sponsor(s) of the event should ensure compliance with N.D.C.C. [§ 5-02-06\(4\)](#) regarding individuals under twenty-one years of age at events where alcohol is served. Sponsors need to be aware of both potential civil and criminal liability for knowingly serving alcohol to minors or obviously intoxicated persons (N.D.C.C. [§ 5-01-06.1](#), [§ 5-01-09](#)). Oversight of the distribution and consumption of alcohol is required at such events in order to manage risk. If the event is to be held on public grounds, e.g., Fargo parks, the sponsor(s) of the event is/are required to obtain the appropriate permit for the event per [N.D.C.C. § 5-02-01.1\(2\)](#). See, for example, the [Park District of the City of Fargo Alcoholic Beverage Policy](#).
- 4.6 Alcohol shall not be used as awards or prizes in connection with events or activities sponsored by students, employees and their respective campus organizations, on or off-campus.
- 4.7 The public display of advertising or promotion of the use of alcohol in University buildings or any other public campus area including all University owned housing areas is prohibited. This includes banners, lighted beer/liquor signs, and large inflatable advertising, etc. (Entities that lease commercial or research property from the university may be excluded. However, the University may, in these leases, include provisions that will assist in its effort to promote legal and safe use of alcohol and to change the culture that perpetuates alcohol and other drug misuse and abuse.)
- 4.8 Alcohol promotional activities including advertising shall not be associated with otherwise existing campus events, programs, or campus organizational functions on or off-campus. This includes, but is not limited to, such items as: cups, t-shirts, beverage can coolers, and any other items carrying alcohol/beer advertising.
- 4.9 Advertising of alcohol shall not appear in University controlled or affiliated publications (including University affiliated web sites). Advertising of establishments that sell alcohol may appear and must adhere to the following guidelines.*

*Student Media (Bison Information Network, the Spectrum, Thunder Radio)

NDSU student media (as governed by the Board of Student Media) is not subject to the advertising portion of this university policy due to first amendment provisions of the US Constitution and [State Board of Higher Education Policy 507](#). Student media organizations are accountable to the Board of Student Media for standards of conduct. Because of the belief that advertising perpetuates the culture of high-risk and underage drinking, the established boards of NDSU Student Media may, if they choose to accept revenue for advertising alcohol, decide to adopt guidelines compatible with this policy. Student Media organizations shall comply with all federal laws relating to advertising of alcohol or other drugs.

- a) Advertising of establishments that sell alcohol shall not include brand names, logos, prices, visual images or verbal phrases that refer to consumption of alcoholic beverages. Advertising of establishments that sell alcohol shall not encourage any form of alcohol abuse nor shall it promote alcohol specials such as two for one, happy hour drink specials, or any ads that encourage rapid and extensive consumption of alcohol.
- b) Advertising of establishments that sell alcohol shall not portray drinking as a solution to personal or academic problems or as necessary to social, sexual or academic

success.

- c) Advertising of establishments that sell alcohol shall not associate consumption of alcohol with the performance of tasks that require skilled reactions such as the operation of motor vehicles or athletic performance.
- d) Advertising of establishments that sell alcohol shall include a statement of low-risk such as "know when to say when" or "please use our products legally and in a responsible manner".

4.10 Unless otherwise authorized by the President of the University, the use of alcohol during all events held on the NDSU campus is strictly forbidden (including concerts, theatrical performances, athletics events, workshops, etc.)

4.11 Though alcohol consumption is legal for individuals over 21 years of age, and the most commonly used drug by young adults, the focus of this policy is not limited to alcohol. The misuse of illicit and/or otherwise legal prescription drugs poses a significant threat to student well-being and undermines the student-focused goals of the University. The use of marijuana, including recreational and medicinal uses, is strictly prohibited under Federal law. As such, any use of marijuana on campus property or at University sponsored or hosted events is strictly prohibited.

5. When students, student organizations, or employees violate University alcohol policy they will be subject to campus resolution. Campus resolution of such acts may proceed before, during, or after any pending civil or criminal proceedings are concluded. Since the campus actions are educational and/or managerial in nature, and not criminal proceedings, such simultaneous actions do not constitute double jeopardy and differing judgments may result.

5.1 Sanctions-Students and Student Organizations: Individual students and student organizations (including fraternities, sororities, residence hall associations and registered student organizations) who are found in violation of the University policy on alcohol and/or other drugs are subject to one or more of the following sanctions, dependent upon the severity of the violation and the existence or absence of prior alcohol or other drug violations: (For a more complete description of these sanctions and terms and conditions see [Code of Student Conduct](#).)

5.1.1 When a student has been found responsible for violating University policies, one or more of the following sanctions may be imposed:

- a. Written warning.
- b. Conduct probation
- c. Supervised conduct probation.
- d. Conduct suspension.
- e. Conduct expulsion.

5.1.2 With each sanction, conditions may be assigned. In addition, notification may be given to other University officials as necessary. Conditions include, but are not limited to:

- a. Alcohol or other drug programming, evaluation, and/or testing
- b. Written assignments.
- c. Participation in a specific activity or project.

- d. Restricted access.
- e. Loss of privileges.
- f. No contact orders.
- g. Restitution.

NOTE: These sanctions and terms and conditions need not necessarily be applied in any numerical sequence. Any sanction may be chosen from this list for any violation, dependent upon its severity, and the behavioral history of the involved student(s) or student organization.

Individual student behavioral actions and or student organization behavioral actions will be adjudicated as assigned by the Vice Provost for Student Affairs and Enrollment Management or designee.

Responsible Action Expectations:

All students are encouraged to promote the well-being of themselves, fellow students and others. If a person needs emergency medical attention, particularly resulting from the use of alcohol or other drugs, it is critical that students take responsible action by calling an ambulance or other appropriate emergency response personnel (ambulance, police, etc.) to gain that assistance. Students/student organizations who fail to respond appropriately may be subject to serious university sanctions and may potentially be subject to additional civil and/or criminal liability.

Students/student organizations who take such responsible action, or for whom action is taken, will not be subject to the Student Conduct process for alleged policy violations related to alcohol or drug use, nor will the incident become part of the student's conduct record. However, all students [including the student(s) needing assistance and reporter(s)] may be required to have an educational meeting with University personnel and/or complete an educational program. This protection may not apply if other conduct violations occurred within the same incident. See [Code of Student Conduct](#).

Parental Notification:

Parents or guardians of students under 21 may be contacted by an NDSU administrator following alcohol and/or other drug related incidents. See [Student Affairs and Enrollment Management](#) website for the full policy and rationale.

Financial Aid Eligibility:

A federal or state drug conviction can disqualify a student from receiving federal financial aid funds. The conviction must have occurred during a period of enrollment for which the student was receiving Title IV aid (i.e., Federal Pell Grant, Federal Perkins Loan, Federal Direct Loan, etc.). Depending on whether the conviction was for sale or possession and if the student has previous offenses, the period of ineligibility can range from one year to an indefinite period. The student regains eligibility the day after the period of ineligibility ends or when the student successfully completes a qualified drug rehabilitation program as defined in the [Higher Education Opportunity Act of 2008, § 485\(a\)\(7\)\(c\) and \(a\)\(9\)](#).

5.2 Notice and Sanctions - Employees

Individual employees who are found in violation of the University policy on alcohol and

other drugs by their supervisors will be reported to the Director of Human Resources/Payroll for consultation prior to action. For potential actions see 5.2.1 and 5.2.2.

Any employee arrested under circumstances involving an alleged violation of a criminal drug or alcohol-related statute while in his or her workplace, whether on or off campus; in a University vehicle; or as part of any activity the University initiates or takes part in must notify his or her immediate supervisor within five days of the arrest. An arrest and/or failure to report an arrest, depending on the circumstances may be grounds for actions or sanctions. The status of the criminal proceeding is a factor the supervisor may take into consideration. It is important that faculty and staff supervisors seek advice from the appropriate, designated University contact. Staff supervisors should contact the Human Resources/Payroll Director, and Faculty supervisors should contact the Office of the Provost, before taking action in arrest situations.

Any employee convicted of violating any federal, state, or local criminal drug or alcohol-related statute in his or her workplace, whether on or off campus; in a University vehicle; or as part of any activity the University initiates or takes part in must notify the University Human Resources/Payroll Director no later than five days after such conviction. A conviction means a finding of guilt (including a plea of nolo contendere) or the imposition of a sentence by a judge or jury in any federal, state or local court. North Dakota State University is required by law to inform the federal contracting officer within 10 days of receiving notice of a conviction of violating a criminal drug statute from an employee or otherwise receiving notice of such conviction.

If an employee is convicted of violating any criminal drug or alcohol-related statute while in the workplace, as described above, University actions may include:

- 5.2.1 Requiring the employee to participate in a drug assistance or rehabilitation program approved by the University;
- 5.2.2 Disciplinary action for a violation of university alcohol or drug policy up to and including termination of employment. Disciplinary action may include one or more of the following:
 - a. Warning/reprimand;
 - b. Ineligibility to receive the next available annual salary increase;
 - c. Suspension without pay for up to 5 days;
 - d. Termination of employment; or
 - e. Any combination of the above sanctions.

NOTE: These sanctions need not necessarily be applied in any sequence. Any sanction may be chosen from this list for any offense, dependent upon its severity. Referral for prosecution may also be a result of any criminal violations.

Work attendance while under the influence:

Unlawful consumption of alcohol or use of illegal drugs, being at work while under the influence of alcohol or drugs, disruptive behavior, gambling, unauthorized use of public property or resources and other unauthorized activities that disrupt the efficient and economical administration of the NDUS are prohibited. See [Policy 151 Code of Conduct](#) (for employees).

Local, State and Federal Laws:

In compliance with the [Drug-Free Schools and Communities Act Amendments of 1989](#) a summary of local, state and federal laws related to alcohol and other drugs can be found at the [Health Promotion](#) website.

A paper copy of this policy is available from the [Human Resources/Payroll Office](#) (for employees) and [One Stop](#) (for students).

HISTORY:

New	March 18, 1989
Amended	December 1992
Amended	October 1999
Amended	April 2003
Amended	October 2003
Amended	January 2004
(renumbered) Amended	April 2010
Amended	March 25, 2011
Housekeeping	August 18, 2011
Housekeeping	May 22, 2012
Housekeeping	June 12, 2013
Housekeeping	August 27, 2013
Housekeeping	September 2015
Amended	December 2, 2016
Housekeeping	August 25, 2017
Amended	August 23, 2018
Housekeeping	August 28, 2018
Housekeeping	December 14, 2020

Appendix B: Policy Email Notification to Employees

NDSU Faculty and Staff,

North Dakota State University has a genuine caring concern for the community in which it lives and for its people. For this reason, the university is committed to maintaining an academic and social environment that is conducive to the intellectual and personal development and to the safety and well-being of all members of the university community.

To maintain this environment, NDSU complies with and supports the [North Dakota State Board of Higher Education policy governing alcohol use on campus](#), the [Drug Free Workplace Act of 1988](#), Public law 100-690 and the [Drug-Free Schools and Communities Act Amendments of 1989](#), Public Law 101-226, and [2 CFR § 182.215](#).

The University prohibits the *unlawful or unauthorized* use, possession, storage, manufacture, distribution, or sale of alcoholic beverages and products (hereafter referred to as “alcohol”), as well as any illicit drugs or drug paraphernalia in University buildings, any public campus area, in University housing units, in University vehicles, or at any University affiliated events held on or off- campus, which are sponsored by students, employees and their respective campus organizations

The full text of [NDSU policy 155](#) “Alcohol and Other Drugs: Unlawful and unauthorized use by students and employees” can be found on the link, also for your reference, the policy is available in its entirety at the end of this message.

Should you have questions or concerns about alcohol and drug use, the [Employee Assistance Program](#) is available. You can schedule an appointment with The Village EAP by calling 1-800-627-8220 or visit their website for resources at <http://villageeap.com/> using the username **VillageEAP** to access the resources on this site. Another resource available is the free and anonymous on-line screening at AlcoholScreening.org.

Thank you for your attention to this important well-being topic.

Regards,

<Policy 155 included in full within body of email>

Appendix C: Policy Email Notification to Students

NDSU Students,

North Dakota State University has a genuine caring concern for the community in which it lives and for its people. For this reason, the university is committed to maintaining an academic and social environment that is conducive to the intellectual and personal development and to the safety and well-being of all members of the university community.

To maintain this environment, NDSU complies with and supports the North Dakota State Board of Higher Education policy governing alcohol use on campus, the [Drug Free Workplace Act of 1988](#), Public law 100-690 and the [Drug-Free Schools and Communities Act Amendments of 1989](#), Public Law 101-226, and [2 CFR § 182.215](#).

The University prohibits the *unlawful or unauthorized* use, possession, storage, manufacture, distribution, or sale of alcoholic beverages and products (hereafter referred to as “alcohol”), as well as any illicit drugs or drug paraphernalia in University buildings, any public campus area, in University housing units, in University vehicles, or at any University affiliated events held on or off- campus, which are sponsored by students, employees and their respective campus organizations

The full text of [NDSU policy 155](#) “Alcohol and Other Drugs: Unlawful and unauthorized use by students and employees” can be found on the link, also for your reference, the policy is available in its entirety at the end of this message.

There are many resources on campus if you have concerns with alcohol and drug use. The NDSU Counseling Center (231-7671) and Student Health Service (231-7331) offer support, education and options to explore your use through free and anonymous on-line screening tools, such as NDSU [eCHECKUP TO GO](#) and [AlcoholScreening.org](#). Based on your results, you may want to schedule an appointment at the NDSU Counseling Center to discuss your findings.

Thank you for your attention to this important well-being topic.

Regards,

<Policy 155 included in full within body of email>



NORTH DAKOTA STATE UNIVERSITY

Executive Summary

Spring 2021

American College Health Association
National College Health Assessment III

ACHA-NCHA III

The ACHA-NCHA III supports the health of the campus community by fulfilling the academic mission, supporting short- and long-term healthy behaviors, and gaining a current profile of health trends within the campus community.



AMERICAN COLLEGE HEALTH ASSOCIATION

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ACHA, the nation's principal advocate and leadership organization for college and university health, represents a diverse membership that provides and supports the delivery of health care and prevention and wellness services for the nation's 20 million college students. For more information about the association's programs and services, visit www.acha.org, and www.acha.org/NCHA.

Suggested citation for this document:

American College Health Association. American College Health Association-National College Health Assessment III: North Dakota State University Executive Summary Spring 2021. Silver Spring, MD: American College Health Association; 2021.

Introduction and Notes

The ACHA-National College Health Assessment (ACHA-NCHA) is a national research survey organized by the American College Health Association (ACHA) to assist college health service providers, health educators, counselors, and administrators in collecting data about their students' habits and behaviors on the most prevalent health topics. The ACHA-NCHA now provides the largest known comprehensive data set on the health of college students, providing the college health and higher education fields with a vast spectrum of information on student health.

ACHA initiated the original ACHA-NCHA in 2000 and the instrument was used nationwide through the Spring 2008 data collection period. A revised survey, the ACHA-NCHA-II, was in use from Fall 2008 - Spring 2019 data collection periods. The survey was redesigned again, and data collection with the ACHA-NCHA III began in Fall 2019.

Please note that it is not appropriate to compare trends between versions of the survey. Directly comparing data points between the Original ACHA-NCHA, the ACHA-NCHA II, and the ACHA-NCHA III can lead to an erroneous conclusion and is not recommended.

Notes about this report:

1. Missing values have been excluded from analysis and only valid percents are included in this document, unless otherwise noted.
2. **The ACHA-NCHA III is programmed differently than earlier versions of the survey.** Rather than asking the respondents to answer every question (and offering a "not applicable" option), display logic was used throughout the survey to determine whether, based on their response to an earlier question, the student saw a follow-up question. This makes the valid percents of certain questions impossible to apply to the entire sample, as the denominator used was limited to only the number of students that saw the question. When appropriate, results are also presented using the entire sample as the denominator to show the proportion of the overall sample that experienced a particular issue. These differences in presentation are carefully noted throughout the document and will often explain differences observed between this document and the full data report. Please look carefully at descriptions of the data presented in each table, as well as any footnotes included.
3. About the use of sex and gender in this report: Survey results are reported by sex based on the responses to questions 67A, 67B, and 67C. The responses to these questions are used to create a new variable called RSEX. RSEX is used for organizing results in the ACHA-NCHA report documents. Respondents are reported as cis men or cis women only when their responses to 67A, 67B, and 67C are consistent with one another. If gender identity is consistent with sex at birth AND "no" is selected for transgender, then respondents are designated as either cis men or cis women in RSEX. If respondents select "yes" for transgender OR their sex at birth is not consistent with their gender identity, then they are designated as transgender/gender non-conforming in RSEX. A respondent that selects "intersex" for sex at birth, "no" for transgender, and man or woman for gender identity are designated as cis men or cis women in RSEX. A respondent that selects "intersex" for sex at birth, "yes" for transgender, or selects a gender identity other than man or woman are designated as transgender/gender non-conforming in RSEX. A respondent that selects "another identity" on 67C is designated missing in RSEX. A respondent that skips any of the three questions is designated as missing in RSEX. Totals displayed in this report include missing responses. Please see the ACHA-NCHA III survey codebook for more information about how data on sex and gender are coded. Please note: if your data contain a small number of transgender and gender non-conforming students, we advise you to take caution in sharing this report, as these students' responses may make it possible to identify who they are.

For additional information about the survey's development, design, and methodology, email Mary T Hoban, PhD, MCHES, (mhoban@acha.org), Christine Kukich, MS (ckukich@acha.org), or visit www.acha-ncha.org.

We need to draw your attention to an important change in your ACHA-NCHA Report documents. Beginning in Spring 2021, responses for transgender and gender-nonconforming students are readily available directly in the report documents. This represents an important change in the way we have been reporting ACHA-NCHA results. We've prepared the following information to better explain the specific changes, our reasoning for doing so, and tips for using these redesigned report documents.

I. What we've done to date

- The ACHA-NCHA has asked respondents about their gender identity for 12 years.
- Data on transgender and gender-nonconforming (TGNC) students was available in the data file, but not displayed explicitly in the report documents in an effort to protect the privacy of TGNC students, particularly those students in smaller campus environments and at schools that publicly shared their ACHA-NCHA report documents.
- We have been trying to find the right balance between protecting students' privacy and making the results accessible to campus surveyors who may not use the statistical software that would be required to extract this information directly from the data files. Until now, we've erred on the side of protecting student privacy.

II. Why change?

- The number of TGNC students in our samples has been increasing over the years. Between 2008 and 2015, the number of students identifying as TGNC was very small (less than 0.05%). We've learned over the years that gender identity is complex and fluid. To better capture this complexity, we began asking separate questions about sex at birth and gender identity in Fall 2015. Now TGNC students tend to represent 3-4% of the overall sample.
- With greater number of students identifying as TGNC on the ACHA-NCHA in recent years, we have a better opportunity to understand their needs and behaviors than we have in years past.
- A number of health disparities between TGNC students and their cisgender peers have been well documented^[1], and schools need readily available access to this data in order to better address the needs of TGNC students.

III. What's different about the way we are reporting?

- First – a note about how we have been reporting ACHA-NCHA results to date. RSEX is a variable we create based on the responses to the questions on sex at birth, whether or not a student identifies as transgender, and their gender identity. The RSEX variable had allowed us to sort respondents into 4 groups for reporting purposes: male, female, non-binary, and missing. (Details about this variable can be found in all report documents.)
- The value labels for RSEX have been revised to better represent gender identity rather than sex. A value of "1" has been changed from "Male" to "Cis Men^[2]." A "2" has been changed from "Female" to "Cis Women^[3]." The value "3" has been changed from "non-binary" to "Transgender and Gender-Nonconforming" (TGNC), as it's a more accurate and inclusive term. The value "4" on RSEX remains "missing/unknown" and is used for students who do not answer all three questions.
- The "missing/unknown" column in the Data Report document has been replaced with a "Trans/Gender-Nonconforming" column. Because space limitations in the report prevent us from displaying all 4 categories plus a total column in the same document, it's now the "missing/unknown" column that is not displayed. Now when the Total of any given row is higher than the sum of the cis men, cis women, and TGNC respondents, the difference can be attributed to "missing/unknown" respondents that selected the response option presented in that row
- A column for "Trans/Gender-Nonconforming" has been added the Executive Summary Report document.

IV. Important considerations with this new format

- Percentages in the Executive Summary may represent a very small number of TGNC students and can limit the generalizability of a particular finding. To assist with the interpretation of the percentages displayed in the Executive Summary, the total sample size for each group has been added to every page.
- We encourage ACHA-NCHA surveyors to carefully review their report documents, particularly among the student demographic variables, and consider students who may be inadvertently identified in the results based on a unique combination of the demographic characteristics before sharing the documents widely or publicly. This is especially true for very small schools, as well as schools that lack diversity in the student population.
- Think about the implication of working with and documenting very small samples – from the perspective of making meaningful interpretations, as well as the privacy of respondents. This is true of all demographic variables, and not limited to gender identity. You may consider a minimum cell size or another threshold by which you make decisions about making your Institutional Data Report publicly available. It is less of a concern in your Institutional Executive Summary as we only display the percentages with the overall sample size.

[1] Greathouse M, BrckaLorenz A, Hoban M, Huseman R, Rankin S, Stolzenberg EB. (2018). Queer-spectrum and trans-spectrum student experiences in American higher education: The analysis of national survey findings. New Brunswick, NJ: Tyler Clementi Center, Rutgers University.

[2] Cisgender refers to people whose gender identity matches their sex assigned at birth. Cis men is short for "cisgender men" and is a term used to describe persons who identify as men and were assigned male at birth.

[3] Cis women is short for "cisgender women" and is a term used to describe persons who identify as women and were assigned female at birth.

This Executive Summary highlights results of the ACHA-NCHA III Spring 2021 survey for North Dakota State University consisting of 336 respondents. The response rate was 8.39%.

Findings

Cis Men n =	218
Cis Women n =	440
Trans/GNC n =	10

A. General Health and Campus Climate

- 51.1 % of college students surveyed (57.5 % cis men, 48.2 % cis women, and 20.0 % transgender/gender non-conforming) described their health as *very good or excellent*.
- 90.0 % of college students surveyed (89.3 % cis men, 90.7 % cis women, and 70.0 % transgender/gender non-conforming) described their health as *good, very good or excellent*.

Proportion of college students who reported they *agree or strongly agree* that:

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
I feel that I belong at my college/university		78.3	72.0	50.0	73.9
I feel that students' health and well-being is a priority at my college/university		60.6	55.6	40.0	57.2
At my college/university, I feel that the campus climate encourages free and open discussion of students' health and well-being.		55.6	56.4	20.0	55.8
At my college/university, we are a campus where we look out for each other		46.0	46.5	10.0	46.0

B. Nutrition, BMI, Physical Activity, and Food Security

College students reported:

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Drinking 0 sugar-sweetened beverages (per day), on average, in the last 7 days		37.2	33.0	60.0	34.9
Drinking 1 or more sugar-sweetened beverages (per day), on average, in the last 7 days		62.8	67.0	40.0	65.1
Drinking energy drinks or shots on 0 of the past 30 days		71.2	78.8	80.0	76.4
Drinking energy drinks or shots on 1-4 of the past 30 days		17.9	13.4	10.0	14.7
Drinking energy drinks or shots on 5 or more of the past 30 days		10.8	7.9	10.0	8.8
Eating 3 or more servings of fruits (per day), on average, in the last 7 days		18.0	23.6	10.0	21.5
Eating 3 or more servings of vegetables (per day), on average, in the last 7 days		29.0	31.1	40.0	30.4

■ **Estimated Body Mass Index (BMI):** This figure incorporates reported height and weight to form a general indicator of physical health. Categories defined by The World Health Organization (WHO) 2000, reprinted 2004. Obesity: Preventing and Managing the Global Epidemic. WHO Tech Report Series: 894.

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
BMI					
<18.5 Underweight		6.1	6.2	22.2	6.4
18.5-24.9 Healthy Weight		49.1	56.4	33.3	53.7
25-29.9 Overweight		27.6	20.9	22.2	23.1
30-34.9 Class I Obesity		11.2	8.3	11.1	9.3
35-39.9 Class II Obesity		3.3	4.4	11.1	4.1
≥40 Class III Obesity		2.8	3.9	0.0	3.5
Mean		25.41	25.06	24.46	25.17
Median		24.38	23.27	21.93	23.49
Std Dev		5.85	5.98	6.71	5.94

Students meeting the recommended guidelines for physical activity

Based on: US Dept of Health and Human Services. *Physical Activities Guidelines for Americans*, 2nd edition. Washington, DC: US Dept of Health and Human Services; 2018

Cis Men n =	218
Cis Women n =	440
Trans/GNC n =	10

Definitions:

- Recommendation for **aerobic activity**: 150 minutes or more of moderate-intensity physical activity per week or 75 minutes of vigorous-intensity physical activity or the equivalent combination
- Recommendation for **strength training**: 2 or more days a week of moderate or greater intensity activities that involve all major muscle groups
- **Active Adults** meet the recommendation for strength training **AND** aerobic activity
- **Highly Active Adults** meet the recommendation for strength training and **TWICE** the recommendation for aerobic activity (300 minutes or more of moderate-intensity physical activity per week or 150 minutes of vigorous-intensity physical activity or the equivalent combination)

<i>Percent (%)</i>	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Guidelines met for aerobic exercise only	70.4	68.2	50.0	68.5
Guidelines met for Active Adults	46.3	46.8	40.0	46.3
Guidelines met for Highly Active Adults	38.0	34.1	20.0	35.0

Food Security

Based on responses to the *US Household Food Security Survey Module: Six-Item Short Form (2012)* from the USDA Economic Research Service.

<i>Percent (%)</i>	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
High or marginal food security (score 0-1)	70.2	62.8	70.0	65.3
Low food security (score 2-4)	16.3	21.5	30.0	20.0
Very low food security (score 5-6)	13.5	15.8	0.0	14.7
Any food insecurity (low or very low food security)	29.8	37.2	30.0	34.7

C. Health Care Utilization

College students reported:

<i>Percent (%)</i>	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Receiving psychological or mental health services within the last 12 months	17.5	28.0	60.0	25.1

*The services were provided by:

My current campus health and/or counseling center	56.8	43.7	50.0	47.2
A mental health provider in the local community near my campus	24.3	31.9	20.0	30.2
A mental health provider in my home town	20.0	46.2	33.3	40.4
A mental health provider not described above	10.3	8.2	0.0	9.1

**Only students who reported receiving care in the last 12 months were asked these questions*

<i>Percent (%)</i>	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Visiting a medical provider within the last 12 months	56.7	72.2	70.0	67.1

*The services were provided by:

My current campus health center	37.5	34.6	14.3	35.3
A medical service provider in the local community near my campus	31.1	41.4	57.1	38.9
A medical service provider in my home town	66.4	73.0	57.1	71.0
A medical service provider not described above	2.9	4.0	0.0	3.9

**Only students who reported receiving care in the last 12 months were asked these questions*

Cis Men n =	218
Cis Women n =	440
Trans/GNC n =	10

College students reported:

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Flu vaccine within the last 12 month		55.1	63.2	60.0	60.3
Not starting the HPV vaccine series		22.8	15.9	20.0	18.3
Starting, but not completing HPV vaccine series		5.6	6.6	10.0	6.3
Completing HPV vaccine series		46.5	59.5	30.0	54.9
Not knowing their HPV vaccine status		25.1	18.0	40.0	20.5
Ever having a GYN visit or exam (females only)			45.7	10.0	
Having a dental exam in the last 12 months		68.7	73.2	70.0	71.7
Being tested for HIV within the last 12 months		8.3	10.9	0.0	9.9
Being tested for HIV more than 12 months ago		7.9	10.2	10.0	9.4
Wearing sunscreen usually or always when outdoors		25.3	42.3	10.0	36.3
Spending time outdoors with the intention of tanning at least once in the last 12 months		41.4	73.2	10.0	61.7

D. Impediments to Academic Performance

Respondents are asked in numerous places throughout the survey about issues that might have negatively impacted their academic performance within the last 12 months. This is defined as negatively impacting their performance in a class or delaying progress towards their degree. Both types of negative impacts are represented in the figures below. Please refer to the corresponding Data Report for specific figures on each type of impact. Figures in the left columns use all students in the sample as the denominator. Figures in the right columns use only the students that experienced that issue (e.g. students who used cannabis, reported a problem or challenge with finances, or experienced a particular health issue) in the denominator. (items are listed in the order in which they appear in the survey)

Negatively impacted academic performance among all students in the sample

	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Alcohol use		3.2	1.4	0.0	2.1
Cannabis/marijuana use		0.5	1.1	0.0	0.9

Negatively impacted academic performance among only students that experienced the issue

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	4.5	1.7	0.0	2.7
	1.5	4.0	0.0	3.1

Problems or challenges in the last 12 months

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Career	13.8	10.7	10.0	11.8
Finances	19.3	15.7	10.0	16.8
Procrastination	50.5	50.5	60.0	50.7
Faculty	6.9	5.7	0.0	6.1
Family	7.3	9.5	0.0	8.8
Intimate Relationships	7.3	7.5	0.0	7.5
Roommate/housemate	4.6	9.3	0.0	7.7
Peers	1.8	4.3	0.0	3.6
Personal appearance	4.6	6.1	0.0	5.7
Health of someone close to me	10.6	11.4	0.0	11.0
Death of a family member, friend, or someone close to me	10.1	12.0	20.0	11.6
Bullying	1.8	1.8	0.0	1.9
Cyberbullying	0.9	0.7	0.0	0.9
Hazing	0.9	0.0	0.0	0.4
Microaggression	2.3	1.4	0.0	1.8
Sexual Harassment	2.8	2.0	0.0	2.4
Discrimination	2.3	0.7	0.0	1.3

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	41.1	42.0	25.0	41.4
	44.2	35.9	20.0	38.6
	66.7	69.6	85.7	69.0
	62.5	59.5	0.0	59.4
	28.6	29.6	0.0	29.1
	20.8	22.4	0.0	22.1
	24.4	29.9	0.0	29.1
	16.0	22.4	0.0	21.1
	14.5	11.1	0.0	11.9
	30.3	26.7	0.0	27.5
	37.9	43.1	50.0	41.9
	33.3	28.6	0.0	31.0
	33.3	18.8	0.0	25.0
	50.0	0.0	0.0	60.0
	31.3	14.6	0.0	19.4
	66.7	15.8	0.0	23.2
	35.7	10.7	0.0	20.5

*Due to an issue with the display logic in Qualtrics, question 63B series (academic impacts of acute medical conditions) did not appear with response options in the survey for all of your students taking the Spring 2021 NCHA. This issue occurred across all NCHA surveys that were launched before 2/18. Once the issue was identified, we corrected it in surveys that were still open and collecting responses. You may notice that there are fewer responses for question 63B than number of students diagnosed (63A series), as there were already surveys submitted before the error was corrected. We apologize for any inconvenience this may cause.

Cis Men n =	218
Cis Women n =	440
Trans/GNC n =	10

***Negatively impacted academic performance among all students in the sample**

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Acute Diagnoses in the last 12 months				
Bronchitis	0.5	0.2	0.0	0.3
Chlamydia	0.0	0.0	0.0	0.0
Chicken Pox (Varicella)	0.0	0.0	0.0	0.0
Cold/Virus or other respiratory illness	2.3	5.0	0.0	4.0
Concussion	0.5	0.7	0.0	0.6
Gonorrhea	0.0	0.0	0.0	0.0
Flu (influenza or flu-like illness)	0.0	0.9	0.0	0.6
Mumps	0.0	0.0	0.0	0.0
Mononucleosis (mono)	0.5	0.7	0.0	0.6
Orthopedic injury	0.9	0.7	0.0	0.7
Pelvic Inflammatory Disease	0.0	0.0	0.0	0.0
Pneumonia	0.5	0.2	0.0	0.3
Shingles	0.0	0.0	0.0	0.0
Stomach or GI virus or bug, food poisoning or gastritis	0.0	1.1	0.0	0.7
Urinary tract infection	0.0	0.9	0.0	0.6

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Any ongoing or chronic medical conditions diagnosed or treated in the last 12 months	17.4	30.0	50.0	26.1

Other impediments to academic performance

Assault (physical)	1.8	1.4	0.0	1.5
Assault (sexual)	1.4	3.4	0.0	2.7
Allergies	0.9	2.3	0.0	1.8
Anxiety	25.2	36.4	50.0	32.8
ADHD or ADD	8.3	8.2	20.0	8.3
Concussion or TBI	1.4	2.0	0.0	1.8
Depression	18.3	28.0	60.0	25.2
Eating disorder/problem	0.0	4.5	0.0	3.0
Headaches/migraines	5.5	16.1	10.0	12.5
Influenza or influenza-like illness (the flu)	1.4	2.7	0.0	2.2
Injury	0.9	2.7	0.0	2.1
PMS	0.0	12.0	0.0	7.9
PTSD	1.8	2.7	10.0	2.5
Short-term illness	1.4	4.8	0.0	3.6
Upper respiratory illness	2.8	7.3	0.0	5.7
Sleep difficulties	24.8	25.5	40.0	25.3
Stress	33.0	43.6	70.0	40.4

***Negatively impacted academic performance among only students that experienced the issue**

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
100.0	25.0	0.0	40.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
35.7	53.7	0.0	49.1
33.3	60.0	0.0	50.0
0.0	0.0	0.0	0.0
0.0	50.0	0.0	30.8
0.0	0.0	0.0	0.0
100.0	100.0	0.0	100.0
100.0	27.3	0.0	38.5
0.0	0.0	0.0	0.0
100.0	50.0	0.0	66.7
0.0	0.0	0.0	0.0
0.0	71.4	0.0	50.0
0.0	21.1	0.0	20.0

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
30.6	40.9	50.0	38.3

57.1	46.2	0.0	50.0
75.0	36.6	0.0	39.1
3.6	6.9	0.0	5.9
50.0	55.0	55.6	53.7
69.2	67.9	66.7	68.3
42.9	50.0	0.0	48.0
60.6	64.4	75.0	63.8
0.0	26.7	0.0	23.3
22.2	37.0	25.0	33.6
21.4	26.7	0.0	25.4
13.3	26.1	0.0	21.9
0.0	25.2	0.0	24.7
80.0	46.2	50.0	51.5
14.3	31.3	0.0	27.0
18.2	26.9	0.0	24.7
48.6	45.2	57.1	46.3
47.7	53.9	70.0	52.3

Cis Men n =	218
Cis Women n =	440
Trans/GNC n =	10

E. Violence, Abusive Relationships, and Personal Safety

Within the last 12 months, college students reported experiencing:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
A physical fight	5.1	1.1	0.0	2.5
A physical assault (not sexual assault)	2.3	1.8	0.0	2.1
A verbal threat	14.7	9.8	30.0	11.8
Sexual touching without their consent	3.2	7.8	0.0	6.3
Sexual penetration attempt without their consent	1.8	3.2	0.0	2.8
Sexual penetration without their consent	1.8	2.0	0.0	2.1
Being a victim of stalking	1.4	3.0	20.0	2.8
A partner called me names, insulted me, or put me down to make me feel bad	7.4	7.0	10.0	7.3
A partner often insisted on knowing who I was with and where I was or tried to limit my contact with family or friends	3.2	2.5	10.0	3.0
A partner pushed, grabbed, shoved, slapped, kicked, bit, choked or hit me without my consent	1.9	2.5	10.0	2.6
A partner forced me into unwanted sexual contact by holding me down or hurting me in some way	0.5	1.8	10.0	1.6
A partner pressured me into unwanted sexual contact by threatening me, coercing me, or using alcohol or other drugs	0.9	3.4	0.0	2.7

College students reported feeling *very safe* :

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
On their campus (daytime)	88.9	77.0	50.0	80.5
On their campus (nighttime)	53.0	14.3	20.0	27.2
In the community surrounding their campus (daytime)	58.5	38.6	10.0	44.8
In the community surrounding their campus (nighttime)	26.7	6.8	10.0	13.6

Cis Men n =	218
Cis Women n =	440
Trans/GNC n =	10

F. Tobacco, Alcohol, and Other Drug Use

Percent (%)	Ever Used			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Tobacco or nicotine delivery products (cigarettes, e-cigarettes, Juul or other vape products, water pipe or hookah, chewing tobacco, cigars, etc.)	47.0	39.8	20.0	41.9
Alcoholic beverages (beer, wine, liquor, etc.)	71.0	77.2	66.7	75.0
Cannabis (marijuana, weed, hash, edibles, vaped cannabis, etc.) [Please report nonmedical use only.]	40.3	37.1	22.2	38.0
Cocaine (coke, crack, etc.)	5.1	2.7	0.0	3.6
Prescription stimulants (Ritalin, Concerta, Dexedrine, Adderall, diet pills, etc.) [Please report nonmedical use only.]	5.1	5.5	0.0	5.4
Methamphetamine (speed, crystal meth, ice, etc.)	0.0	0.2	0.0	0.3
Inhalants (poppers, nitrous, glue, gas, paint thinner, etc.)	2.8	1.6	0.0	2.1
Sedatives or Sleeping Pills (Valium, Ativan, Xanax, Klonopin, Librium, Rohypnol, GHB, etc.) [Please report nonmedical use only.]	2.8	3.9	0.0	3.6
Hallucinogens (Ecstasy, MDMA, Molly, LSD, acid, mushrooms, PCP, Special K, etc.)	6.9	4.3	20.0	5.5
Heroin	0.0	0.2	0.0	0.3
Prescription opioids (morphine, codeine, fentanyl, oxycodone [OxyContin, Percocet], hydrocodone [Vicodin], methadone, buprenorphine [Suboxone], etc.) [Please report nonmedical use only.]	3.7	3.6	0.0	3.7

*These figures use all students in the sample as the denominator, rather than just those students who reported lifetime use.

*Used in the last 3 months			
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
30.3	27.3	10.0	28.0
66.5	73.6	50.0	70.8
24.3	22.7	20.0	23.2
1.4	0.9	0.0	1.2
1.4	3.2	0.0	2.7
0.0	0.0	0.0	0.1
1.4	0.5	0.0	0.9
0.9	1.4	0.0	1.3
2.3	1.8	0.0	2.1
0.0	0.0	0.0	0.1
0.9	1.4	0.0	1.3

Substance Specific Involvement Scores (SSIS) from the ASSIST

Percent (%)	*Moderate risk use of the substance			
	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Tobacco or nicotine delivery products	22.0	17.3	10.0	18.8
Alcoholic beverages	11.0	12.7	0.0	11.9
Cannabis (nonmedical use)	12.4	13.0	20.0	12.8
Cocaine	0.5	0.5	0.0	0.4
Prescription stimulants (nonmedical use)	0.9	2.5	0.0	1.9
Methamphetamine	0.0	0.0	0.0	0.0
Inhalants	0.5	0.0	0.0	0.1
Sedatives or Sleeping Pills (nonmedical use)	0.9	0.9	0.0	0.9
Hallucinogens	0.5	1.1	0.0	0.9
Heroin	0.0	0.0	0.0	0.0
Prescription opioids (nonmedical use)	0.5	0.7	0.0	0.6

*These figures use all students in the sample as the denominator, rather than just those students who reported lifetime use.

*High risk use of the substance			
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
0.9	1.4	0.0	1.2
0.9	0.2	0.0	0.6
0.0	0.5	0.0	0.4
0.0	0.0	0.0	0.1
0.0	0.0	0.0	0.1
0.0	0.0	0.0	0.1
0.0	0.0	0.0	0.1
0.0	0.0	0.0	0.1
0.0	0.0	0.0	0.1
0.0	0.0	0.0	0.1
0.0	0.0	0.0	0.1

Cis Men n =	218
Cis Women n =	440
Trans/GNC n =	10

Proportion of students (overall sample) who report misusing prescription medications (taking without a prescription, or taking more medication or more often than prescribed) in the past 3 months:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Prescription stimulants	1.4	2.7	0.0	2.2
Prescription sedatives or sleeping pills	0.9	0.9	0.0	0.9
Prescription opioids	0.5	0.5	0.0	0.4

***Tobacco or nicotine delivery products used in the last 3 months**

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Cigarettes	12.4	4.8	10.0	7.5
E-cigarettes or other vape products (for example: Juul, etc.)	22.5	22.7	10.0	22.5
Water pipe or hookah	1.4	0.5	0.0	0.9
Chewing or smokeless tobacco	7.8	0.2	0.0	2.8
Cigars or little cigars	4.6	0.9	0.0	2.2
Other	1.8	0.0	0.0	0.7

*These figures use all students in the sample as the denominator, rather than just those students who reported tobacco or nicotine delivery product use in the last 3 months.

Students in Recovery

■ 0.8 % of college students surveyed (1.2 % cis men, 0.6 % cis women, and 0.0 % transgender/gender non-conforming) indicated they were in recovery from alcohol or other drug use.

When, if ever, was the last time you:

Percent (%)	Drank Alcohol			Total
	Cis Men	Cis Women	Trans/ Gender Non- conforming	
Never	23.1	18.4	33.3	20.2
Within the last 2 weeks	50.5	56.8	33.3	54.3
More than 2 weeks ago but within the last 30 days	6.9	8.2	11.1	7.8
More than 30 days ago but within the last 3 months	11.1	9.3	11.1	9.9
More than 3 months ago but within the last 12 months	4.2	4.5	11.1	4.6
More than 12 months ago	4.2	2.7	0.0	3.1

*Students were instructed to include medical and non-medical use of cannabis.

Cis Men	Cis Women	*Used Cannabis/Marijuana	
		Trans/ Gender Non- conforming	Total
54.2	58.8	77.8	57.7
12.5	11.6	11.1	11.9
1.9	2.7	0.0	2.4
6.5	6.4	11.1	6.5
11.1	8.0	0.0	8.9
13.9	12.5	0.0	12.8

Driving under the influence

- 11.3 % of college students reported driving after having **any alcohol** in the last 30 days.*
*Only students who reported driving in the last 30 days and drinking alcohol in the last 30 days were asked this question.
- 28.6 % of college students reported driving within 6 hours of using cannabis/marijuana in the last 30 days.*
*Only students who reported driving in the last 30 days and using cannabis in the last 30 days were asked this question.

Estimated Blood Alcohol Concentration (or eBAC) of college students. Due to the improbability of a student surviving a drinking episode resulting in an extremely high eBAC, all students with an eBAC of 0.50 or higher are also omitted from these eBAC figures. eBAC is an estimated figure based on the reported number of drinks consumed during the last time they drank alcohol in a social setting, their approximate time of consumption, sex, weight, and the average rate of ethanol metabolism. Only students who reported drinking alcohol within the last 3 months answered these questions.

Estimated BAC	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
< .08		78.2	79.9	80.0	79.4
< .10		83.0	85.5	100.0	84.9
Mean		0.05	0.05	0.03	0.05
Median		0.02	0.02	0.03	0.02
Std Dev		0.07	0.06	0.04	0.07

Cis Men n =	218
Cis Women n =	440
Trans/GNC n =	10

*Reported number of drinks consumed the last time students drank alcohol in a social setting.

Number of drinks	Percent (%)	Trans/ Gender Non- conforming			Total
		Cis Men	Cis Women		
4 or fewer		58.5	74.3	100.0	69.7
5		8.2	10.7	0.0	9.8
6		10.9	4.9	0.0	6.7
7 or more		22.4	10.1	0.0	13.8
Mean		4.8	3.4	2.8	3.8
Median		4.0	3.0	3.0	3.0
Std Dev		4.1	3.1	1.3	3.5

*Only students who reported drinking alcohol in the last three months were asked this question.

Reported number of times college students consumed five or more drinks in a sitting within the last two weeks:

	Among all students surveyed				
	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Did not drink alcohol in the last two weeks (includes non-drinkers)		49.8	43.2	66.7	45.8
None		18.1	26.6	11.1	23.6
1-2 times		19.5	24.1	22.2	22.5
3-5 times		9.8	5.7	0.0	6.9
6 or more times		2.8	0.5	0.0	1.2

*Only students who reported drinking alcohol in the last two weeks were asked this question.

*Among those who reported drinking alcohol within the last two weeks

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
36.1	46.8	33.3	43.5
38.9	42.4	66.7	41.6
19.4	10.0	0.0	12.7
5.6	0.8	0.0	2.2

*College students who drank alcohol reported experiencing the following in the last 12 months when drinking alcohol:

	Trans/ Gender Non- conforming				
	Percent (%)	Cis Men	Cis Women	Total	
Did something I later regretted		21.8	19.3	16.7	20.2
Blackout (forgot where I was or what I did for a large period of time and cannot remember, even when someone reminds me)		12.8	13.8	16.7	13.7
Brownout (forgot where I was or what I did for short periods of time, but can remember once someone reminds me)		31.4	26.9	33.3	28.5
Got in trouble with the police		0.6	1.4	0.0	1.4
Got in trouble with college/university authorities		2.6	3.2	0.0	3.1
Someone had sex with me without my consent		1.3	1.7	0.0	1.8
Had sex with someone without their consent		0.0	0.0	0.0	0.2
Had unprotected sex		18.6	14.1	0.0	15.5
Physically injured myself		6.4	8.9	16.7	8.4
Physically injured another person		0.0	0.0	0.0	0.2
Seriously considered suicide		4.5	2.0	0.0	2.9
Needed medical help		0.6	0.6	16.7	1.0
Reported two or more of the above		32.3	29.5	33.3	30.5

*Only students who reported drinking alcohol in the last 12 months were asked these questions.

Cis Men n =	218
Cis Women n =	440
Trans/GNC n =	10

G. Sexual Behavior

When, if ever, was the last time you had:

Percent (%)	Oral sex			Total
	Cis Men	Cis Women	Trans/ Gender Non- conforming	
Never	37.2	33.0	50.0	34.6
Within the last 2 weeks	32.1	34.1	0.0	32.8
More than 2 weeks ago but within the last 30 days	7.3	11.2	0.0	9.7
More than 30 days ago but within the last 3 months	7.8	8.2	0.0	7.9
More than 3 months ago but within the last 12 months	6.9	5.5	30.0	6.3
More than 12 months ago	8.7	8.0	20.0	8.5

Vaginal intercourse			
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
39.0	36.2	66.7	37.5
32.6	38.4	0.0	35.9
5.5	7.3	0.0	6.6
7.3	6.6	0.0	6.8
6.9	5.0	22.2	5.9
8.7	6.4	11.1	7.4

Percent (%)	Anal intercourse			Total
	Cis Men	Cis Women	Trans/ Gender Non- conforming	
Never	83.9	84.1	100.0	84.1
Within the last 2 weeks	4.6	1.8	0.0	2.7
More than 2 weeks ago but within the last 30 days	0.9	0.9	0.0	0.9
More than 30 days ago but within the last 3 months	0.9	3.2	0.0	2.4
More than 3 months ago but within the last 12 months	2.3	2.8	0.0	2.6
More than 12 months ago	7.4	7.1	0.0	7.3

*College students who reported having oral sex, or vaginal or anal intercourse within the last 12 months reported having the following number of sexual partners:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	None	0.8	0.0	0.0
1	70.9	73.1	33.3	72.1
2	7.1	10.4	66.7	9.8
3	7.1	5.4	0.0	5.9
4 or more	14.2	11.1	0.0	12.0
Mean	2.0	1.8	1.7	1.9
Median	1.0	1.0	2.0	1.0
Std Dev	2.4	1.8	0.6	2.0

*Only students who reported having oral sex, or vaginal or anal intercourse in the last 12 months were asked this question.

College students who reported having oral sex, or vaginal or anal intercourse within the last 30 days who reported using a condom or another protective barrier *most of the time* or *always*:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	Oral sex	8.2	3.5	0.0
Vaginal intercourse	40.2	35.2	0.0	36.7
Anal intercourse	8.3	8.3	0.0	8.3

*Only students who reported having oral sex, or vaginal or anal intercourse in the last 30 days were asked these questions.

College students who reported having vaginal intercourse (penis in vagina) within the last 12 months were asked if they or their partner used any method to prevent pregnancy the last time they had vaginal intercourse:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	Yes, used a method of contraception	86.8	88.8	100.0
No, did not want to prevent pregnancy	5.3	1.6	0.0	2.7
No, did not use any method	4.4	9.6	0.0	7.9
Don't know	3.5	0.0	0.0	1.1

*Only students who reported having oral sex, or vaginal or anal intercourse in the last 12 months were asked this question.

Cis Men n =	218
Cis Women n =	440
Trans/GNC n =	10

*Those students who reported using a contraceptive use the last time they had vaginal intercourse, reported they (or their partner) used the following methods:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	<i>Percent (%)</i>			
Birth control pills (monthly or extended cycle)	45.5	49.8	100.0	48.8
Birth control shots	3.0	1.8	0.0	2.2
Birth control implants	15.2	9.0	0.0	10.8
Birth control patch	2.0	0.4	0.0	0.9
The ring	1.0	3.1	0.0	2.5
Emergency contraception ("morning after pill" or "Plan B")	6.1	4.0	0.0	4.6
Intrauterine device	15.2	22.0	0.0	19.8
Male (external) condom	46.5	43.0	100.0	44.4
Female (internal) condom	0.0	0.4	0.0	0.3
Diaphragm or cervical cap	0.0	0.0	0.0	0.0
Contraceptive sponge	0.0	0.0	0.0	0.0
Withdrawal	29.3	28.7	50.0	29.0
Fertility awareness (calendar, mucous, basal body temperature)	3.0	3.6	0.0	3.4
Sterilization (hysterectomy, tubes tied, vasectomy)	0.0	0.0	0.0	0.0
Other method	1.0	0.4	0.0	0.6
<i>Male condom use plus another method</i>	36.4	34.1	100.0	35.2
<i>Any two or more methods (excluding male condoms)</i>	26.3	26.9	50.0	26.9

*Only students who reported they or their partner used a method the last time they had vaginal intercourse were asked these questions.

College students who reported having vaginal intercourse (penis in vagina) within the last 12 months were asked if they or their partner used emergency contraception ("morning after pill" or "Plan B") in the last 12 months:

Yes (18.4 % cis men, 18.5 % cis female, 50 % trans/gender non-conforming)

College students who reported having vaginal intercourse (penis in vagina) within the last 12 months were asked if they experienced an unintentional pregnancy or got someone pregnant within the last 12 months:

Yes (0 % cis men, 0 % cis female, 0 % trans/gender non-conforming)

H. Mental Health and Wellbeing

Kessler 6 (K6) Non-Specific Psychological Distress Score (Range is 0-24)

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	<i>Percent (%)</i>			
No or low psychological distress (0-4)	38.1	30.5	10.0	32.9
Moderate psychological distress (5-12)	47.9	49.3	40.0	48.6
Serious psychological distress (13-24)	14.0	20.2	50.0	18.6
Mean	6.93	7.95	12.00	7.66
Median	6.00	7.00	13.00	7.00
Std Dev	5.23	5.14	4.83	5.21

UCLA Loneliness Scale (ULS3) Score (Range is 3-9)

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
	<i>Percent (%)</i>			
Negative for loneliness (3-5)	59.3	50.9	40.0	53.4
Positive for loneliness (6-9)	40.7	49.1	60.0	46.6
Mean	5.16	5.45	6.10	5.37
Median	5.00	5.00	6.00	5.00
Std Dev	1.78	1.76	1.91	1.78

Diener Flourishing Scale – Psychological Well-Being (PWB) Score (Range is 8-56)

(higher scores reflect a higher level of psychological well-being)

Cis Men n =	218
Cis Women n =	440
Trans/GNC n =	10

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Mean	44.96	45.22	35.90	45.00
Median	47.00	47.00	35.00	47.00
Std Dev	9.37	7.75	8.99	8.39

The Connor-Davison Resilience Scale (CD-RISC2) Score (Range is 0-8)

(higher scores reflect greater resilience)

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Mean	6.31	6.04	4.60	6.11
Median	6.00	6.00	5.00	6.00
Std Dev	1.40	1.47	1.71	1.47

Self injury

■ 9.7 % of college students surveyed (6.5 % cis men, 10.7 % cis women, and 30.0 % trans/gender non-conforming) indicated they had intentionally cut, burned, bruised, or otherwise injured themselves within the last 12 months.

Within the last 12 months, have you had problems or challenges with any of the following:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Academics	44.4	40.9	70.0	42.7
Career	33.8	25.5	40.0	28.6
Finances	44.0	43.9	50.0	44.0
Procrastination	76.7	72.5	70.0	73.9
Faculty	11.1	9.5	20.0	10.3
Family	25.9	32.5	50.0	30.7
Intimate relationships	35.6	33.5	10.0	33.9
Roommate/housemate	19.5	31.2	0.0	27.1
Peers	11.7	19.4	30.0	17.1
Personal appearance	32.2	55.2	50.0	47.7
Health of someone close to me	35.2	42.5	50.0	40.3
Death of a family member, friend, or someone close to me	26.9	28.5	40.0	28.2
Bullying	5.6	6.4	10.0	6.3
Cyberbullying	2.8	3.6	10.0	3.6
Hazing	1.9	0.0	0.0	0.7
Microaggression	7.4	9.3	40.0	9.3
Sexual Harassment	4.2	13.0	20.0	10.4
Discrimination	7.0	6.4	10.0	6.7

*Only students who reported a problem or challenge in the last 12 months were asked about level of distress.

Students reporting none of the above	10.2	8.6	10.0	9.1
Students reporting only one of the above	11.6	6.8	0.0	8.2
Students reporting 2 of the above	11.6	10.7	20.0	11.1
Students reporting 3 or more of the above	66.7	73.9	70.0	71.6

***Of those reporting this issue, it caused moderate or high distress**

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
85.4	90.6	100.0	88.8
72.6	76.8	75.0	74.9
81.1	83.2	80.0	82.5
60.7	68.3	100.0	66.2
50.0	52.4	0.0	50.7
51.8	64.3	60.0	61.0
55.8	60.3	0.0	58.7
40.5	62.8	0.0	57.8
32.0	41.2	33.3	39.5
39.1	56.4	40.0	52.5
59.2	65.8	20.0	63.2
77.6	76.8	75.0	77.1
41.7	50.0	100.0	50.0
33.3	56.3	0.0	50.0
75.0	0.0	0.0	80.0
50.0	26.8	25.0	33.9
66.7	61.4	50.0	62.3
60.0	53.6	100.0	57.8

Suicide Behavior Questionnaire-Revised (SBQR) Screening Score (Range is 3-18)

Cis Men n =	218
Cis Women n =	440
Trans/GNC n =	10

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Negative suicidal screening (3-6)	81.0	73.4	40.0	75.3
Positive suicidal screening (7-18)	19.0	26.6	60.0	24.7
Mean	4.80	5.29	7.10	5.16
Median	3.00	4.00	7.00	4.00
Std Dev	2.81	3.01	4.70	3.00

Suicide attempt

- 3.1 % of college students surveyed (3.2 % cis men, 3 % cis women, and 0 % trans/gender non-conforming) indicated they had attempted suicide within the last 12 months.

Within the last 30 days, how would you rate the overall level of stress experienced:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
No stress	2.8	1.1	0.0	1.6
Low	41.5	20.2	10.0	27.1
Moderate	37.8	52.0	60.0	47.5
High	18.0	26.6	30.0	23.8

I. Acute Conditions

College students reported being diagnosed by a healthcare professional within the last 12 months with:

	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Percent (%)</i>				
Bronchitis	0.9	3.2	10.0	2.6
Chlamydia	0.9	0.7	0.0	0.8
Chicken Pox (Varicella)	0.0	0.9	0.0	0.6
Cold/virus or other respiratory illness (for example: sinus infection, ear infection, strep throat, tonsillitis, pharyngitis, or laryngitis)	17.7	32.1	20.0	27.2
Concussion	3.3	3.4	0.0	3.3
Gonorrhea	0.5	0.5	0.0	0.5
Flu (influenza) or flu-like illness	5.6	7.7	0.0	6.9
Mumps	0.0	0.5	0.0	0.3
Mononucleosis (mono)	1.9	2.1	0.0	2.0
Orthopedic injury (for example: broken bone, fracture, sprain, bursitis, tendinitis, or ligament injury)	4.2	8.9	10.0	7.4
Pelvic Inflammatory Disease	0.0	0.7	0.0	0.5
Pneumonia	3.3	2.1	0.0	2.4
Shingles	0.5	0.5	0.0	0.5
Stomach or GI virus or bug, food poisoning or gastritis	4.2	6.9	10.0	6.0
Urinary tract infection	0.9	14.8	20.0	10.4

Cis Men n =	218
Cis Women n =	440
Trans/GNC n =	10

J. Ongoing or Chronic Conditions

The questions for the *ongoing or chronic conditions* are presented differently in this report than the order they appear in the survey. In the survey, all items appear in a single list, ordered alphabetically. In this report, the conditions are presented in groups to ease burden on the reader. The findings are divided into mental health conditions, STIs and other chronic infections, and other ongoing or chronic conditions in this report.

Mental Health	College students reported ever being diagnosed with the following:			
	Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming
ADD/ADHD - Attention Deficit/Hyperactivity Disorder	8.4	7.7	10.0	8.0
Alcohol or Other Drug-Related Abuse or Addiction	1.4	1.1	0.0	1.2
Anxiety (for example: Generalized Anxiety, Social Anxiety, Panic Disorder, Specific Phobia)	13.9	36.9	60.0	29.7
Autism Spectrum	1.4	0.0	11.1	0.6
Bipolar and Related Conditions (for example: Bipolar I, II, Hypomanic Episode)	0.5	0.7	0.0	0.6
Borderline Personality Disorder (BPD), Avoidant Personality, Dependent Personality, or another personality disorder	0.5	1.6	20.0	1.5
Depression (for example: Major depression, persistent depressive disorder, disruptive mood disorder)	11.6	30.7	50.0	24.7
Eating Disorders (for example: Anorexia Nervosa, Bulimia Nervosa, Binge-Eating)	0.9	7.1	0.0	5.0
Gambling Disorder	0.0	0.0	0.0	0.0
Insomnia	2.8	7.5	30.0	6.3
Obsessive-Compulsive and Related Conditions (for example: OCD, Body Dysmorphia, Hoarding, Trichotillomania and other body-focused repetitive behavior disorders)	0.5	6.2	20.0	4.5
PTSD (Posttraumatic Stress Disorder), Acute Stress Disorder, Adjustment Disorder, or another trauma- or stressor- related condition	1.4	6.2	20.0	4.8
Schizophrenia and Other Psychotic Conditions (for example: Schizophrenia, Schizoaffective Disorder, Schizophreniform Disorder, Delusional Disorder)	0.5	0.5	0.0	0.5
Tourette's or other neurodevelopmental condition not already listed	0.0	0.2	0.0	0.2
Traumatic brain injury (TBI)	0.9	1.4	0.0	1.2

***Of those ever diagnosed, those reporting contact with healthcare or MH professional within last 12 months**

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
66.7	82.4	0.0	75.5
66.7	40.0	0.0	50.0
65.5	79.6	83.3	77.7
0.0	0.0	0.0	0.0
0.0	100.0	0.0	75.0
100.0	71.4	50.0	70.0
60.0	76.7	100.0	74.8
50.0	51.6	0.0	51.5
0.0	0.0	0.0	0.0
33.3	78.8	66.7	71.4
100.0	66.7	50.0	66.7
100.0	63.0	50.0	65.6
100.0	100.0	0.0	100.0
0.0	100.0	0.0	100.0
100.0	33.3	0.0	50.0

*Only students who reported ever being diagnosed were asked about contact with a healthcare or mental health professional within the last 12 months.

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
<i>Students reporting none of the above</i>	74.5	55.8	40.0	61.7
<i>Students reporting only one of the above</i>	15.3	13.9	10.0	14.3
<i>Students reporting both Depression and Anxiety</i>	9.3	26.4	50.0	21.2
<i>Students reporting any two or more of the above (excluding the combination of Depression and Anxiety)</i>	0.9	3.9	0.0	2.9

Cis Men n =	218
Cis Women n =	440
Trans/GNC n =	10

STI's/Other chronic infections

College students reported ever being diagnosed with the following:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Genital herpes	0.0	1.2	0.0	0.8
Hepatitis B or C	0.5	0.0	0.0	0.2
HIV or AIDS	0.0	0.0	0.0	0.0
Human papillomavirus (HPV) or genital warts	0.0	1.1	0.0	0.8

*Only students who reported ever being diagnosed were asked about contact with a healthcare or mental health professional within the last 12 months.

***Of those ever diagnosed, had contact with healthcare or MH professional within last 12 months**

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
0.0	40.0	0.0	40.0
0.0	0.0	0.0	0.0
0.0	0.0	0.0	0.0
0.0	60.0	0.0	60.0

Other Chronic /Ongoing Medical Conditions

College students reported ever being diagnosed with the following:

Percent (%)	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Acne	20.4	29.2	10.0	26.0
Allergies - food allergy	8.8	9.6	20.0	9.5
Allergies - animals/pets	11.1	11.9	10.0	11.6
Allergies - environmental (for example: pollen, grass, dust, mold)	25.9	27.7	40.0	27.3
Asthma	12.4	16.0	10.0	14.7
Cancer	0.5	0.2	0.0	0.3
Celiac disease	0.0	1.1	0.0	0.8
Chronic pain (for example: back or joint pain, arthritis, nerve pain)	2.8	4.8	10.0	4.2
Diabetes or pre-diabetes/insulin resistance	0.9	1.6	0.0	1.4
Endometriosis	0.0	2.7	0.0	1.8
Gastroesophageal Reflux Disease (GERD) or acid reflux	1.4	5.7	10.0	4.4
Heart & vascular disorders (for example: atrial fibrillation or other cardiac arrhythmia, mitral valve prolapse or other valvular heart disease, congenital heart condition)	0.9	2.7	0.0	2.1
High blood pressure (hypertension)	2.3	1.6	0.0	1.8
High cholesterol (hyperlipidemia)	2.8	1.4	0.0	1.8
Irritable bowel syndrome (spastic colon or spastic bowel)	2.8	5.7	30.0	5.1
Migraine headaches	3.2	14.8	10.0	11.0
Polycystic Ovarian Syndrome (PCOS)	0.0	2.3	0.0	1.5
Sleep Apnea	2.3	0.7	0.0	1.2
Thyroid condition or disorder	0.5	1.8	0.0	1.4
Urinary system disorder (for example: bladder or kidney disease, urinary reflux, interstitial cystitis)	1.4	1.4	0.0	1.4

*Only students who reported ever being diagnosed were asked about contact with a healthcare or mental health professional within the last 12 months.

***Of those ever diagnosed, had contact with healthcare or MH professional within last 12 months**

Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
27.9	52.3	0.0	45.9
36.8	35.7	0.0	34.9
25.0	32.7	0.0	29.9
29.1	40.5	25.0	36.7
33.3	52.9	0.0	46.9
100.0	100.0	0.0	100.0
0.0	40.0	0.0	40.0
66.7	66.7	100.0	67.9
50.0	85.7	0.0	77.8
0.0	66.7	0.0	66.7
66.7	48.0	100.0	51.7
50.0	50.0	0.0	50.0
60.0	100.0	0.0	83.3
66.7	83.3	0.0	75.0
66.7	68.0	66.7	67.6
57.1	53.1	100.0	54.2
0.0	90.0	0.0	90.0
40.0	66.7	0.0	50.0
0.0	75.0	0.0	66.7
100.0	50.0	0.0	66.7

Cis Men n =	218
Cis Women n =	440
Trans/GNC n =	10

Students who reported being diagnosed with diabetes or pre-diabetes/insulin resistance, indicated they had:

<i>Percent (%)</i>	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Type I Diabetes	100.0	42.9	0.0	50.0
Type II Diabetes	0.0	33.3	0.0	28.6
Pre-diabetes or insulin resistance	50.0	16.7	0.0	25.0
Gestational Diabetes	0.0	16.7	0.0	14.3

K. Sleep

Reported amount of time to usually fall asleep at night (sleep onset latency):

<i>Percent (%)</i>	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Less than 15 minutes	43.1	39.5	30.0	40.5
16 to 30 minutes	31.0	25.9	20.0	27.7
31 minutes or more	25.9	34.5	50.0	31.8

Over the last 2 weeks, students reported the following average amount of sleep (excluding naps):

On weeknights				
<i>Percent (%)</i>	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
Less than 7 hours	38.4	34.3	40.0	35.7
7 to 9 hours	61.1	64.1	60.0	63.1
10 or more hours	0.5	1.6	0.0	1.2

On weekend nights				
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total	
22.7	20.5	10.0	20.9	
71.3	69.3	80.0	70.3	
6.0	10.2	10.0	8.8	

Students reported the following on 3 or more of the last 7 days:

Felt tired or sleepy during the day				
<i>Percent (%)</i>	Cis Men	Cis Women	Trans/ Gender Non- conforming	Total
0 days	9.7	2.7	0.0	4.9
1-2 days	21.2	21.4	10.0	21.3
3-5 days	49.3	44.3	50.0	45.8
6-7 days	19.8	31.6	40.0	27.9

Got enough sleep so that they felt rested				
Cis Men	Cis Women	Trans/ Gender Non- conforming	Total	
11.5	16.7	40.0	15.4	
36.9	37.9	30.0	37.3	
37.3	35.4	30.0	35.9	
14.3	10.0	0.0	11.4	

Demographics and Sample Characteristics

■ Age		■ Students describe themselves as	
18 - 20 years:	54.5 %	Straight/Heterosexual:	83.8 %
21 - 24 years:	31.4 %	Asexual:	1.3 %
25 - 29 years:	7.6 %	Bisexual:	7.9 %
30+ years:	6.4 %	Gay:	1.6 %
Mean age:	21.6 years	Lesbian:	1.6 %
Median age:	20.0 years	Pansexual:	0.7 %
		Queer:	0.3 %
		Questioning:	2.2 %
		Identity not listed above:	0.3 %
■ Gender*			
Cis Women:	65.6 %		
Cis Men:	32.5 %		
Transgender/Gender Non-conforming:	1.5 %		
* See note on page 2 regarding gender categories			
■ Student status		■ Housing	
1st year undergraduate:	26.2 %	Campus or university housing:	44.0 %
2nd year undergraduate:	20.3 %	Fraternity or sorority residence:	1.3 %
3rd year undergraduate:	15.8 %	Parent/guardian/other family:	8.7 %
4th year undergraduate:	13.9 %	Off-campus:	45.7 %
5th year or more undergraduate:	3.0 %	Temporary or "couch surfing":	0.1 %
Master's (MA, MS, MFA, MBA, etc.):	9.4 %	Don't have a place to live:	0.0 %
Doctorate (PhD, EdD, MD, JD, etc.):	10.5 %	Other:	0.1 %
Not seeking a degree:	0.3 %		
Other:	0.6 %		
		■ Students describe themselves as	
Full-time student:	93.1 %	American Indian or Native Alaskan	1.8 %
Part-time student:	5.8 %	Asian or Asian American	6.7 %
Other student:	1.0 %	Black or African American	2.4 %
		Hispanic or Latino/a/x	1.6 %
■ Visa to work or study in the US:	9.2 %	Middle Eastern/North African (MENA) or Arab Origin:	0.7 %
		Native Hawaiian or Other Pacific Islander Native:	0.1 %
■ Relationship status		White:	88.2 %
Not in a relationship:	47.6 %	Biracial or Multiracial:	1.3 %
In a relationship but not married/partnered:	44.6 %	Identity not listed above:	0.9 %
Married/partnered:	7.8 %		
		<i>If Hispanic or Latino/a/x, are you</i>	
■ Primary Source of Health Insurance		Mexican, Mexican American, Chicano:	54.5 %
College/university sponsored SHIP plan:	5.1 %	Puerto Rican:	9.1 %
Parent or guardian's plan:	79.6 %	Cuban:	0.0 %
Employer (mine or my spouse/partners):	3.9 %	Another Hispanic, Latino/a/x, or Spanish Origin:	36.4 %
Medicaid, Medicare, SCHIP, or VA:	3.0 %		
Bought a plan on my own:	3.0 %	<i>If Asian or Asian American, are you</i>	
Don't have health insurance:	3.3 %	East Asian:	35.6 %
Don't know if I have health insurance:	0.9 %	Southeast Asian:	15.6 %
Have insurance, but don't know source:	1.2 %	South Asian:	46.7 %
		Other Asian:	0.0 %
■ Student Veteran:	2.2 %		
■ Parent or primary responsibility for someone else's child/children under 18 years old:	3.0 %		

■ **First generation students** 34.9 %
(Proportion of students for whom no parent/guardian have completed a bachelor's degree)

■ **Do you have any of the following?**
Attention Deficit/Hyperactivity Disorder (ADD or ADHD): 9.5 %
Autism Spectrum Disorder: 1.1 %
Deaf/Hearing loss: 1.2 %
Learning disability: 1.8 %
Mobility/Dexterity disability: 0.2 %
Blind/low vision: 2.4 %
Speech or language disorder: 0.5 %

■ **Participated in organized college athletics:**
Varsity: 3.0 %
Club sports: 8.5 %
Intramurals: 10.2 %

■ **Member of a social fraternity or sorority:**
Greek member: 7.3 %

STUDENT-ATHLETE HANDBOOK & STUDENT ATHLETE CODE OF CONDUCT
2022-2023

NORTH DAKOTA STATE UNIVERSITY

Mission Statement - With energy and momentum, North Dakota State University addresses the needs and aspirations of people in a changing world by building on our land-grant foundation.

ATHLETIC DEPARTMENT

Mission Statement - To build together a leadership position in NCAA Division I that centers on integrity, success, tradition and a commitment to exceeding the expectations of our student-athletes, coaches, staff and the greater NDSU community.

Vision Statement - To continue the Championship Tradition of Bison Athletics

CORE VALUES

The people of the Athletics Department value:

Student-Athletes: We derive our purpose from student-athletes, men and women alike, who will be provided an opportunity to achieve the highest standards through the best preparation and support in a complete environment conducive to their welfare.

Academic Excellence: We commit ourselves to the academic excellence and achievement of all student-athletes and center our efforts on producing graduates who are successful, contributing citizens.

Athletic Excellence: We are passionate about winning.

Citizenship: We are committed to development of character, enhancement of maturity and emphasize good sportsmanship for all.

Diversity: We are committed as an athletic community to embracing and supporting diversity through consistent education, programming and open dialogue. Divisive, exclusionary or biased behavior/comments will not be tolerated by staff, coaches and student-athletes.

Equity: NDSU and the Department of Athletics are committed to gender equity and to the application of Title IX.

Leadership: We strive for setting and exceeding the standards for ethical behavior, fiscal integrity, equity, diversity and non-discriminatory actions through strong leadership.

Tradition: We are grateful for the past, embrace its preservation and welcome new traditions.

Teamwork: We are dedicated to each member of the Bison family and strive for open communication, a high level of trust, honesty and respect toward all.

NCAA: We subscribe fully to the philosophy and regulations set forth by the NCAA and its Core Operational Principles.

MAJOR THEMES

We are ...

Competitors-

NDSU's tradition is one of opportunity and achievement. The most visible statement of our tradition is the success of the University's students. Each generation has been challenged to defy limits, and each generation has succeeded, as the standard is set higher and higher. When students succeed, the University succeeds.

Fans-

NDSU fans strengthen our tradition of excellence. They have been asked to take measures to guarantee that opportunity for achievement at the highest level exists for our University. At the center of our achievements are donors who believe in the fundamental goals of athletics within higher education. Our fans, alumni and friends have come to expect the best from NDSU over the years. We are fortunate that they do.

Winners-

Expectations have been set and standards defined. Success is our tradition. It is the essence of our philosophy. We value winning. Current and past success will serve as a springboard to victories in all areas of our student-athletes' lives.

GENERAL INFORMATION

NDSU Student ID (NDSU Card)

All students are assigned a personal NDSU student ID number. Learn this number. It is your identification for many things such as library checkout, computer usage and your billing statement. This number will appear on your NDSU Card. You can obtain a NDSU Card at the NDSU Card Center in the Memorial Union.

Billings

You are responsible to follow up on your personal billings. All billings can be viewed on Campus Connection. If you have a question about your billing, contact ONE STOP in the Union (231-6200).

Meal Card

Your NDSU Card also serves as your meal card. Do not share your meal card with anyone.

NCAA Rules

If you have a question concerning eligibility, financial aid, competition or other NCAA regulations, contact Sr. Associate AD/SWA, Colleen Heimstead 701-231-5696, Director of Compliance, Brigit Sprenger 701-231-5808 or an appropriate athletics department administrator.

Athletic Scholarship Check

If you are receiving an athletic scholarship check for room and/or board, you must enroll in Direct Deposit. You will do this on Campus Connection. Should you not have a checking account the check will be mailed to the address that you provide on Campus Connection. It is imperative that this address is correct and updated as the check will be sent to the address that appears on Campus Connection.

Financial Aid Check

Financial aid is applied to the campus connection account at the beginning of each semester. See the semester registration schedule for the dates or go online under "Dates and Deadlines." (www.ndsu.edu/ndsu/deott/dates). All financial aid also can be viewed on Campus Connection.

Parking Permits

If you choose to park on campus, you are required to purchase a parking permit online at www.ndsu.edu/parking. NCAA legislation does not permit athletics to assist you with a parking violation.

Parking Policy

All NDSU student parking permits are purchased online at www.ndsu.edu/parking. An overview of athlete parking is as follows:

2022-2023 Parking Instructions for Student-Athletes

All NDSU student parking permits are purchased online at www.ndsu.edu/parking

Listed below is an overview of athlete parking.

	Parking for Practice Commuter North Permit Required in the RF Lot	Athletic Training, Treatment and Event Sites
Baseball	RF	SHAC/Newman Field
Men's Basketball	RF	SHAC
Women's Basketball	RF	SHAC
Football	Fargo Dome Lot B	SHAC/Fargo Dome
Men's Golf	RF	SHAC
Women's Golf	RF	SHAC
Soccer	RF	SHAC/Dakota Field
Softball	RF	SHAC/Ellig Field
Men's Track	RF	SHAC/Ellig Track
Women's Track	RF	SHAC/Ellig Track
Volleyball	Visitor's Lot by Sudro	SHAC/BBF
Wrestling	RF	SHAC

Residence Dining Center (RDC) Parking: Student-Athletes shall never park in Faculty/Staff parking lots, specifically the lots adjacent to the RDC. These lots include PH-Lot, Visitor's (E-Lot), W-Lot and CIE-Lot. Violators will be cited for parking in any of these lots.

- **BBF:** Use the Visitor's Lot by Sudro Hall.

➤ **Overnight Parking from November 1, 2022 to July 31, 2023**

- Use the NE corner of the Fargo Dome Lot “C” with any valid NDSU permit or a Park & Ride permit.
- Park in the SE corner of the “RF” Lot with any valid NDSU permit (excluding Park and Ride permits).
- Student-athletes must have a valid parking permit to park overnight in designated areas.

Park & Ride Permits (Fargo Dome Lots C, D and E)

Discounted (\$60) “Park and Ride” permits (previously known as DOME permits) are available for parking at the Fargo Dome. Park & Ride permits are only valid at the Fargo Dome and are **not** valid in conjunction with any other permit or in any other location. MATBUS service is available Monday – Friday with limited routes and service on Saturday. Fargo Dome lots C, D and E also allow parking with any valid student or staff parking permit. However, **overnight parking is not permitted.**

Wellness Center Parking

All student parking permits, except Park and Ride, can be used at the Wellness Center for up to 2 consecutive hours of free parking each day.

FOR MORE INFORMATION

On-Campus Services			
Academic Counseling/Class Scheduling	Contact your Academic Advisor		
Add/Drop Class	Registration & Records	Ceres 211	231-7981
Admissions	Office of Admission	Ceres 114	231-8643
Academic Support	Athletic Academics	SHAC	231-5781
Career Resources	Career Center	Ceres 306	231-7111
Counseling	Counseling Center	Ceres 212	231-7671
Computer Clusters	Quentin Burdick Building	QBB	231-8685
Disability Information	Disability Services	Lower Level Main Library	231-8463
Drug Testing	Scott Woken	SHAC	231-7779
Eligibility	Colleen Heimstead	SHAC	231-5696
	Brigit Sprenger	SHAC	231-5808
Financial Aid	Julie Wanzek	Ceres Hall	231-7534
	NDSU One Stop	Union 176	231-6200
Health Services	Student Health Service	Wellness Center	231-7331
Insurance Coverage	Scott Woken	SHAC	231-7779
International Programs	International Students & Study Abroad Services	Union 116	231-7895
Invoices/Billings	NDSU One Stop	Union 176	231-6200
Library		Library	231-8876
Multicultural Programs	Office of Multicultural Programs	Memorial Union 173	231-1029
Registration & Records	Philip Hunt	Ceres 110	231-7987
Residence Life	Angie Limesand	W Bison Court 124	231-8041
	Kelly Laverdure	W Bison Court 124	231-8023
Transfer Students	Colleen Heimstead	SHAC	231-5696
	Kelli Layman	SHAC	231-5781
Student Rights & Responsibilities	Emily Frazier	Old Main 100	231-8406
Student Government		Memorial Union 128	231-8461
Tickets/Player Comps	Kaye Ternes	SHAC	231-8988
Trainers, Athletic	Scott Woken	SHAC	231-7779
Tutoring Services	Michelle Pearson	ACE	231-5554

Emergency Services		
Call 911 (From an On Campus Phone 1-911)		

Campus Police			231-8998
Go to Sanford Health Emergency Room		720 4th St N	234-5121
Go to Prairie St John's		510 4th St S	476-7216
First Link Suicide Line			232-4357
Rape and Abuse Crisis Center			293-7273

Counseling Center hours:

Academic year M-F 8:00 am-5:00 pm

Summer and school breaks M-F 7:30 am-4:00 pm

After hours call:

NDSU Counseling Center 231-7671

First Link 235-7335

Other crisis /emergency options include:

Call 911 (From an on campus phone 1-911)

Campus Police 231-8998

Go to Sanford Emergency Room 417-2100 (5225 23rd Ave S)

Go to Prairie St John's 476-7216 (510 4th St S)

First Link Suicide Line 232-4357

Rape and Abuse Crisis Center 293-7273

University Support Systems			
Institutional Equity & Compliance		Old Main 201	231-7708
Counseling Center		Ceres Hall 212	231-7671
NDSU CARES Project		Ceres Hall 212	231-7671
(Campus Awareness, Referral and Education for Suicide Prevention)			
Disability Services		Lower Level Main Library	231-8463
Information Technology Services		QBB 206 (Help Desk)	231-8685
LIVE REAL Mentor Program		West Dining, Lower Level	231-8379
Multicultural Programs		Memorial Union 178	231-1029
Safe Zone Program (LGBTQ)		Memorial Union 250	231-6560
Sexual Assault Prevention and Advocacy		Wellness Center	231-5733
Dean of Students		Old Main 100	231-7701

Useful Internet Links	
Alcohol & Drug Prevention Programs	http://www.ndsu.edu/alcoholinfo/
Bias Reporting System	http://www.ndsu.nodak.edu/equal_opportunity/biasreportingsystem/
Bison Athletics	www.GoBison.com
Code of Student Conduct	https://www.ndsu.edu/fileadmin/policy/601.pdf
Counseling Center	www.ndsu.edu/counseling
Disability Services	www.ndsu.edu/disabilityservices
Diversity Resources	https://www.ndsu.edu/about/inclusion
(NDSU & FM area)	http://www.edu/disabilityresources
Institutional, Equity & Compliance	www.ndsu.edu/equity
International Students & Study Abroad Services	http://www.ndsu.edu/international/
Leadership Programs	http://mu.ndsu.edu/leadership_programs
LIVE REAL Mentor	http://www.ndsu.edu/alcoholinfo/students/live_real_mentor_program/
Multicultural Programs	http://www.ndsu.edu/multicultural/
NCAA	www.ncaa.org
NDSU CARES (Campus Awareness, Referral and Education for Suicide Prevention)	www.ndsu.edu/counseling/ndsu_cares_project/

Safe Zone Program (LGBTQ)	http://mu.ndsu.edu/safezone
Wallman Wellness Center	www.ndsu.edu/wellness

CONTACT INFORMATION FOR ADMINISTRATION AND COACHING STAFF

<https://gobison.com/staff-directory>

GOVERNING BODIES OF INTERCOLLEGIATE ATHLETICS

NDSU is Division I member of the National Collegiate Athletic Association (NCAA), founded in 1906. The NCAA's basic purpose is to maintain intercollegiate athletics as an integral part of the educational program and the athlete as an integral part of the student body. Student-athletes are protected under the principles of the NCAA which governs institutional control, student-athlete well being, gender equity, sportsmanship and ethical conduct, sound academic standards, nondiscrimination, rules compliance, amateurism, competitive equity, recruiting, eligibility, financial aid, playing and practice seasons, post season competition, and economy of the athletics program.

NDSU is a member of the Summit League in all sports with the exception of membership in the Missouri Valley Football Conference and the Big 12 Conference for Wrestling.

UNIVERSITY ATHLETICS COMMITTEE

The Department of Athletics has a direct relationship with the University Athletics Committee. Comprised of faculty, staff and students, the committee serves as a standing committee to the NDSU Faculty Senate. This committee also serves as the NDSU Athletics Advisory Board as described in the constitution of the National Collegiate Athletic Association.

The Committee members are selected by the respective college, and include the Director of Athletics, Faculty Athletic Representative, Senior Associate Director of Athletics/SWA, vice president of the student body and a member of the Student-Athlete Advisory Council.

STUDENT-ATHLETE ADVISORY COUNCIL (SAAC)

The Student-Athlete Advisory Council is a very active group, meeting twice a month during the academic year. As your representatives, they serve as leaders by listening to your concerns and sharing them with the athletics administrators. The council is comprised of two members from each team. Projects include development of Student-Athlete policies, extended relationships with student-government, community outreach and involvement in educational programming.

Many positive volunteer opportunities are initiated and implemented by all student-athletes such as the blood drive, holiday visits to area hospitals and community services to name a few.

ACADEMICS

Success in the classroom is a central focus for NDSU student-athletes. The staff, coaches and administrators share the same commitment and dedication to academic excellence. Your main goal is to earn a college degree as it creates a life filled with opportunity. If you maintain good study habits and work hard in classes, you will earn your degree.

NDSU and the NCAA have established several academic guidelines and regulations:

Guidelines for Academic Success

Understand that earning a degree through a challenging academic experience is your primary goal.

Meet all academic responsibilities, including the responsibilities of class attendance and the completion of all assignments in a timely manner.

Strive to be involved as a full-fledged member of the University community and make a strong effort to derive as much as possible out of all of the many opportunities presented at NDSU.

Utilize the academic support services available through the Academic Collegiate Enhancement (ACE) program and seek academic help when it is needed.

Understand that your personal commitment is at the heart of your academic success.

Class Attendance

To be successful academically you must attend all classes. Student-athletes are required to attend all of their classes regardless of the instructor's attendance policy. Athletics expects you to be in class with the exception of illness, family emergencies and official team travel.

Missed Class Policy

As found in the NDSU Policy Manual, SECTION 333, CLASS ATTENDANCE POLICY AND PROCEDURE, please be fully aware of your responsibility to adhering to the missed class policy as stated below.

SOURCE: NDSU Faculty Senate Policy 1. GENERAL PHILOSOPHY

Attendance in classes is expected. Only the course instructor can excuse a student from course responsibilities. (The term course includes class, laboratory, field trips, group exercises or other activities.)
--

If class attendance is a component of the course grade, the course instructor must clearly communicate this to the class in writing in the syllabus.
--

The course instructor must clearly inform students on the first day of class and in writing in the syllabus (1) of their policy regarding class absence (including if supporting documentation is required; and (2) policy for making up missed assignments. It is recognized that sometimes an assignment is impossible to make-up.

The course instructor must exercise a fair and consistent standard for resolving questions of missed assignments, the type, extent, manner and time frame of the make-up assignments.

Students are responsible for informing course instructors of absences. If absences are known (e.g., university sanctioned activity, such as student government, judging, clubs, athletic competition, fine arts performances), course instructors shall be informed with written notification as far in advance as possible (preferably a two-week notice). Where advance notification is not possible (e.g., illness, family emergency), students should contact their course instructor as soon as possible about the absence. Veterans and student service members with special circumstances or who are activated, to include State Active Duty, are encouraged to notify the instructor as soon as possible, provide Activation Orders if possible, and inform the NDSU Office of Military and Veterans Services to facilitate a smooth exit from and successful re-entry to the University.

When a student misses class for any reason, the student is responsible for contacting the instructor to make arrangements to follow the course instructor's policy in making up any missed assignments, if permitted.

Responsibilities of the Student-Athlete

It is your responsibility to obtain and understand each instructor's policy regarding attendance.

You can be deleted from the class roster or fail a class because of a lack of attendance, and your instructor does not have to notify you of this. Direct communication with each of your instructors is very important.

If you know that you will miss class time because of competition, discuss it with your instructors during the first week of class so that you know where you stand ahead of time.

It is your responsibility during the first week of class to find out the policy on make-up work in each of your classes. Do not wait until you have already missed a test or assignment to find out your instructor's policy on make-up work.

If you are unable to attend class because of a conflict with a competition, it is your responsibility to inform the instructor. Prior to each away competition, your coach will provide you with an official letter for you to personally present to each of your instructors. This letter identifies the date and time of departure and lists the official travel roster. Please be certain that the instructor is aware that your absence from class is due to athletic participation.

Satisfy all academic expectations outlined by the instructor for each class even with the additional time demands related to practice, competition and team travel.

Earn University and NCAA satisfactory progress each semester towards a degree.

Prepare for and attend all scheduled tutoring appointments, advising and other academic related meetings.

Academic Integrity

It is your responsibility to adhere to the policies of Academic Honesty and the Code of Academic Responsibility and Conduct as stated by North Dakota State University. For information on these policies you can go to: <http://www.ndsu.edu/academichonesty/>

Student-athletes shall neither participate in nor condone any form of cheating or academic dishonesty. Academic violations include:

- Plagiarism
- Cheating on exams / course assignments
- Assisting others in any form of cheating / academic dishonesty
- Falsifying reasons for taking a make-up exam, submitting assignments late or missing class.

Class Expectations

Basic courtesy and responsibility as a representative of your team requires that you:

- treat instructors and classmates with courtesy and respect.
- arrive at class on time and do not leave early.
- be prepared for class.
- be attentive in taking notes and participating in class discussions.
- notify your instructor in advance when competition or travel requires you to miss class.
- discuss in advance with your instructor the procedure you are to follow if competition necessitates missing an examination or assignment deadline.

Registration

All students register using the Campus Connection system. This is a web-based registration. A link to Campus Connection is on the NDSU homepage (www.ndsu.edu).

Changing Your Schedule

Before changing your schedule, you must obtain permission from your **academic advisor** and contact your Athletic Academics Advisor with the change(s) to your schedule.

Add/drop deadlines are published each semester in the registration schedule on the Campus Connection web site. Add and drop dates vary for many courses and within departments, so be sure to check the registration schedule. Check dates and deadlines at: <http://www.ndsu.edu/bisonconnection/dates/>.

Schedules (Study List)

A copy of your class schedule is available from the Campus Connection web site.

Incompletes

Under ordinary circumstances and at the discretion of the instructor, a student may be assigned a grade of Incomplete. Grades of Incomplete must be removed no later than the end of the seventh week of the following semester. Grades that are not removed within the specified time are automatically changed to F grades.

Dean's List

To be eligible for inclusion on the Dean's List, a student must have earned a grade point average of no less than 3.50 while completing at least 12 hours.

University Academic Probation and Suspension

To be eligible to register continuously without conditions, a student must maintain the following:

Minimum Semester & Cumulative GPA	Completed Hours
2.00 (freshman)	fewer than 26
2.00 (sophomore)	27-59
2.00 (junior)	60-89
2.00 (senior)	90+

1. **Warning:** Occurs anytime that your semester GPA falls below a 2.00 and your cumulative GPA is above a 2.00. It does not appear on the official transcript.
2. **Probation:** Occurs if the semester and the cumulative GPA falls below a 2.00 if the semester before this occurred you were in good standing.
3. **Continued Probation:** Continuance of probation may be issued for as many semesters as the Semester GPA is above with the Cumulative GPA below 2.00. Continued Probation does not appear on the official transcript.
4. **Suspension:** Occurs when both the semester and cumulative GPA falls below a 2.00 if the previous semester the student was on probation or continued probation or was admitted to the institution as a conditional student. This is an intervention by the institution for failure to demonstrate academic improvement. Suspension is issued for the immediate two grading periods following the suspended term. Suspension does appear on the official transcript.
5. **Suspension Appeal:** If suspended, a student may appeal with extenuating documented circumstances. [Suspension appeals](#) are noted on the official academic record after the specific term as a continuance approved by Academic Standards with the date of approval. Students must meet or exceed both the term and cum GPA to continue; if not, the student is re-suspended.

The **Academic Standing Chart** below provides a visual of the above terms and standings.

Previous Standing	End of Current Term		
	Sem. GPA < 2.00 Cum. GPA ≥ 2.00	Sem. GPA < 2.00 Cum. GPA < 2.00	Sem. GPA > 2.00 Cum. GPA < 2.00
First term student with no previous standing	--	² Probation	--
Admitted on Probation (ADPR)	--	³ Suspension	--
Good (GOOD)	¹ Warning	² Probation	² Probation
Warning (WARN)	¹ Warning	² Probation	² Probation
Probation (ACPR)	¹ Warning	³ Suspension	² Continued Probation
Continued Probation (CNPR)	¹ Warning	³ Suspension	² Continued Probation
Suspension Appeal (SPCT) ⁴	¹ Warning	³ Suspension	² Continued Probation
Reinstate on probation following Suspension (ACSP)	¹ Warning	³ Suspension	² Continued Probation

Academic Appeals

If you feel you have been unfairly treated or miss graded in a course, you may initiate an appeal by contacting the chair of the department in which the course is offered.

ACADEMIC SUPPORT

Athletic Academic Coordinators

Associate Director of Athletic Academics	Kelli Layman	SHAC	701-730-6228
Asst. Dir. Athletic Academics/Student Development	Sammie Hildreth	SHAC	701-231-5556
Assistant Director of Athletic Academics	Sara Parman	SHAC	701-231-5557
Athletic Academics Coordinator	Leigh Spooner	SHAC	701-730-2924
Graduate Assistant	Brandon Metz	SHAC	
Graduate Assistant	John Ursino	SHAC	
Graduate Assistant	Jocelyn Dinius	SHAC	
Graduate Assistant		SHAC	

Hours of Operation in SHAC

Monday-Thursday 8am-10pm
 Friday 8am-5pm
 No Weekends

Academic Collegiate Enhancement (ACE)

Intercollegiate athletics, in cooperation with Student Success programs, offers an academic enhancement program designed to assist all athletes. Tutors are on site and provide one-on-one or small group assistance. Each head coach has specific academic criteria for mandatory participation in the program.

In cooperation with various services and units available for students at NDSU, Athletic Academics provides:

- University resources to assist student-athletes
- Coordinating structured study and tutorial programs
- Monitoring semester and yearly academic progress

This is done through:

- Mandatory student-athlete meetings
- Study Skills courses
- Academic Orientation
- Grade checks

Advising

Each semester, student-athletes along with their **academic advisor** are required to fill out a Degree Progress Certification (DPC) form and return it to Athletic Academics Support Staff before your enrollment appointment. You will not be allowed to register until your DPC form is turned in and signed by your advisor. It is important to remain in close contact with your academic advisor and coach regarding your academic eligibility.

Additional Academic Support Programs

Academic Counseling	ACE	231-5871
Center for Writers	Library #6	231-7927
Disability Services	Wellness Center	231-8463
Multicultural Programs	MU 178	231-1029
Student Support Services (TRIO)	Ceres 319	231-8028
Technology Learning and Media Center	QBB 150C	231-5130

More information on resources available for student-athletes is online at www.ndsu.edu/ace.

ITS Laptop Check-Out

ITS has laptop computers available for students to check out in the QBB. This is a great option for travel if you don't have your own. To reserve one, you must fill out the reservation form in advance on the ITS Web site.

ELIGIBILITY – ACADEMIC RULES FOR STUDENT-ATHLETES

Full-time or 12 Credit Hour per Semester Rule

To be eligible to practice, compete, receive financial aid, or use the athletic training facilities, a student-athlete must be full time by being registered in a minimum of 12 credits hours per semester. An exception to this rule is if the athlete is in his/her last semester of enrollment and needs fewer than 12 credits to graduate. You must receive written approval prior to receiving this exception.

Six-Hour Rule

To be eligible for competition, a student-athlete must pass a minimum of six semester hours of degree applicable academic credit the previous full-time regular academic term (fall or spring semester).

18-Hour Rule

The 18 rule states that to be eligible for competition, a student-athlete must complete 18-semester hours of academic credit during each regular academic year. Hours earned during summer may not be used to fulfill this requirement.

9-Hour Rule (Football only):

To be eligible for fall competition, a football student-athlete must pass a minimum of nine semester hours of degree applicable academic credit the previous fall semester.

24-Hour Rule

A student-athlete must complete a minimum of 24 semester hours of academic credit prior to beginning the second year of enrollment.

Remedial, Tutorial, Noncredit hours

A maximum of six semester hours of remedial, tutorial or noncredit hours may be used to satisfy the minimum academic progress requirement. If a student wants to use these credits toward their satisfactory progress, then the credits must be taken during his/her first year of collegiate enrollment. Math 102 and English 101 are examples of such classes at NDSU.

Progress Toward Degree or 40/60/80 Rule

To be eligible for competition, a student-athlete must be making progress toward a degree. This progress is calculated by the percent of credits applying toward a degree (major).

For example, if the degree requires 122 credit hours, the athlete must complete by the **start** of the:

Third year	40% of degree	(122 x 40% = 49 hours)
Fourth year	60% of degree	(122 x 60% = 74 hours)
Fifth year	80% of degree	(122 x 80% = 98 hours)

Note: five-year programs use 33/50/67 percentages to calculate progress toward degree.

Minimum GPA Rule or 90/95/100 Rule

To be eligible for competition, a student-athlete must achieve the following minimum GPA:

Start of second year	90% of GPA required for graduation	(2.0 GPA x 90% = 1.80)
Start of third year	95% of GPA required for graduation	(2.0 GPA x 95% = 1.90)
Start of fourth year	100% of GPA required for graduation	(2.0 GPA)

Declaring a Major

All athletes must declare a major no later than the end of their fourth semester. The student-athlete through their chosen college

must make formal enrollment of the declared major.

If a student-athlete wants to change their major, the student-athlete must request approval prior to the change from Athletic Academics Support Staff. Approval is critical because eligibility issues need to be addressed.

Declare/Change Major in Registration and Records, Ceres Hall 110 or file online after seeking approval by the Athletic Academic Staff: <http://www.ndsu.edu/registrar/forms/>
Visit with your new advisor once the request has been processed.

Social and Community Responsibilities

Student-athletes shall conduct themselves as responsible members of the university and local community. Student-athletes must abide by the sport specific team rules established by their coach; the rules, regulations and policies of the university and all local, state and federal laws.

Internet Usage / Social Networking / Online Communities

The popularity of social networking websites (e.g., Facebook, Twitter, YouTube, Instagram, Snapchat, Tik Tok) has grown tremendously. These websites can serve as valuable communication tools when used appropriately. The use of social media, however, has the potential to cause problems for both the student-athlete and the university if used inappropriately.

Important Suggestions and Recommendations Regarding Social Networking Sites

Some students mistakenly believe social networking websites have a wall of privacy and assume their profiles are viewed only by a close circle of friends and fellow students. To the contrary, the content on most of these sites is accessible by anyone in the general public unless security and privacy features are used.

The public nature of these websites has created personal safety and personal welfare concerns. For example, student-athletes have been stalked or sexually harassed and assaulted as a result of their Facebook profiles. Agents and gamblers also have contacted student-athletes through social networking sites. Fans of opposing teams have taunted student-athletes based on information obtained from social networking sites.

You also should be aware that potential employers and graduate school admission officers now regularly screen applicants by conducting "Google" searches of an applicant's name and by reviewing the applicant's social networking profiles. Students are being passed over for interviews and denied admission to universities based on the content of their profiles.

You should be very careful about what personal information you share on the internet. For your own security, protection and welfare and that of your teammates and friends, the Athletics Department strongly recommends and advises you to:

- Keep phone numbers, physical addresses, birthdates, current whereabouts, travel plans and other personal information strictly confidential. This information should not be contained in your personal online profile.
- Limit the access of others to e-mail addresses and screen carefully those whom you may accept as "friends" on a social networking site.
- Use whatever security and privacy features are available to restrict the ability of others view on your site or to post pictures, messages and other content on your site.
- If an individual contacts you via a social networking site and the nature of the contact makes you concerned for your safety or uncomfortable in any way, you should immediately contact a coach, an Athletics Department administrator or the police.

Rules Regarding Social Networking Sites

Participation in intercollegiate athletics carries with it personal accountability. As a condition of being a student-athlete at the NDSU, student-athletes must abide by the following rules related to the use of the internet and social networking sites:

Student-athletes may not post online any pictures, information or other content that might cause embarrassment to themselves, fellow student-athletes, teams, coaches, the Athletics Department or the university (examples: obscene images or language, pictures at parties with alcohol, references to drugs or sex).

Student-athletes may not post any content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another institution; taunting comments aimed at a student-athlete, coach or team at another institution). No posts should depict or encourage unacceptable or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).

Student-athletes may not post any content online that would constitute a conference or NCAA rules (examples: commenting publicly about a prospective student-athlete, providing information related to sports wagering activities; soliciting impermissible extra benefits).

Student-athletes may not post any information that is sensitive or personal in nature or is proprietary to the Athletic Department or the university that is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).

Student-athletes may not post any pictures, audio or video content or any other information that is not the student-athlete's personal property or would violate copyright laws. Student-athletes may not use the logos or trademarks of the NDSU or other entities without permission, and student-athletes are personally liable for any copyright violations they may commit.

Student-athletes are required to abide by all laws related to the use of the internet (including state and federal privacy laws such as FERPA and HIPAA), and student-athletes are personally liable for any violations of those laws. Student-athletes also are required to follow the NDSU Student Code of Conduct and all university computer usage rules and regulations.

Any information posted can be held against you in criminal charges and/or as evidence of violations of campus policies.

Student-athletes must provide their coaches with access to their social networking sites if requested.

Additional Guidelines

North Dakota State University faculty, alumni, coaches, students, administrators and staff have profiles listed on Facebook.

Many institutions have prohibited student-athletes from having Social Media or other electronic social sites. Several factors play into this decision including access by those who may intentionally or unintentionally jeopardize the well-being of a student-athlete.

As a part of online social networking, it is imperative that you are aware that this information is public and can be viewed by anyone, including members of the media, the general public and Bison fans in general. Information posted a social network sites has the potential to influence the public opinion of the university, the athletics department and you as an athlete. Competitors search for ways to gain advantage over the Bison.

Any information posted can be held against you in criminal charges and/or as evidence of violations of campus policies.

As administrators and coaches at NDSU we trust that you will make good decisions and be responsible for your personal information.

In closing, we have listed a few thoughts for you to consider:

- Recruits often view Social Media to learn about the NDSU athletic team they are considering. Be mindful of the first impression you give by the content you have posted.
- Remember the media are aware of information posted on these sites which could and which have, resulted in potential liabilities for the student-athlete and the athletics program.

Review process for any Social Media misconduct

As with any misconduct, there is a review process that includes athletics department senior staff members and sport supervisors. If situations arise where inappropriate language or videos are posted to social media by current student-athletes or committed prospective student-athletes, the athletics department senior staff members, sport supervisors and specific head coach will discuss the situation and determine the best course of action for the individual involved. Action may include, but is not limited to: suspension from team, removal from team, scholarship reduction or scholarship cancellation. Other campus administrators may be included in discussions if necessary.

Responsible Computer Usage

The NDSU computer system is intended for academic use. While you may use the system for personal reasons, you are expected to abide by all campus policies, state and federal laws.

Transfer Policy/Notification to Transfer

If a student-athlete wishes to speak with another institution about transferring to that institution, the student-athlete should first communicate their request with their head coach. A student-athlete may initiate the notification of transfer process by providing a member of the compliance staff with a written notification of transfer at any time. The student-athlete must meet with either Colleen Heimstead or Brigit Sprenger, in the NDSU Compliance Office, to complete the notification to transfer form. The NDSU Athletics Department only accepts written notification of transfer via this form. Written or emailed requests will not be accepted and will not trigger the two business day window for entry into the NCAA transfer portal. The compliance staff shall enter his or her information into the national transfer database within two business days of receipt of a written notification of transfer from the student-athlete. The entry into the transfer database will only be completed by the compliance staff.

Prior to entering the NCAA Transfer Portal, the student-athlete must complete the Educational Module. At the conclusion of the module, there is a certificate of completion the student-athlete can access to confirm they have completed the module. The certificate can be physically printed or saved as a PDF and must be forwarded to Colleen Heimstead, colleen.heimstead@ndsu.edu.

Educational Module: www.ncaa.org/sports/2015/2/13/want-to-transfer.aspx Then, scroll to "Division I Transfer Module".

Student-athletes who have initiated the notification of transfer and remain on the team:

- Will continue to have access to all academic support programs
- Will continue to have access to the sports medicine staff
- Will continue to have access to the strength & conditioning staff
- Will continue to have access to their gear and equipment through the equipment staff

Student-athletes who have initiated the notification of transfer, but have quit the team and no longer participate in practices, workouts or other meetings:

- Will continue to have access to all academic support programs
- Will continue to have access to the sports medicine staff ONLY if they are continuing medical treatment or rehabilitation
- Will NOT have access to the strength & conditioning staff
- Must return ALL issued gear and equipment to the equipment staff

Be reminded of the NCAA one-time transfer legislation:

13.1.1.3.1 Notification of Transfer. A student-athlete may initiate the notification of transfer process by providing his or her institution with a written notification of transfer at any time. The student-athlete must complete an educational module related to transferring before the institution may enter the student-athlete's information into the national transfer database. The student-athlete's institution shall enter his or her information into the national transfer database within two business days of receipt of a written notification of transfer from the student-athlete or receipt of confirmation of the student-athlete's completion of the educational module, whichever occurs later.

The student must provide written notification of transfer to the institution by the following dates:

- (1) Fall and winter sports: May 1.
- (2) Spring sports: July 1.

14.5.5.2.10.1 Exceptions to Notification of Transfer Dates -- Fall and Winter Sports. A student-athlete who participates in a fall or winter sport is not required to provide written notification of transfer prior to May 1 if either of the following occur on or before July 1 of the same academic year:

- (a) The student-athlete's athletics aid is reduced, canceled or not renewed (except as permitted per Bylaws 15.3.4.2 or 15.3.5.1); or
- (b) The head coach of the student-athlete's team departs or announces departure from the institution.

14.5.5.2.10.2 Application of Notification Dates to Midyear Transfers. A midyear transfer student-athlete is not required to have provided notification of transfer to the institution by the notification deadline in the previous academic year.

STUDENT-ATHLETE RIGHTS

NDSU Non-discrimination Statement:

NDSU does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or

veteran status, as applicable. Direct inquiries to Vice Provost, Title IX/ADA Coordinator, Old Main 201, [\(701\) 231-7708](tel:7012317708), ndsuoaa@ndsuo.edu.

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Notice of Nondiscrimination


NDSU is committed to providing a safe and non-discriminatory learning, living, and working environment for every member of our university community. I want to take a moment to remind our university community of our **policies prohibiting discrimination and harassment.** Additionally, in light of the restructuring that has taken place at NDSU over the last year, I would like to take the opportunity to inform the university community of **resources available at NDSU to address your questions, concerns, or complaints regarding discrimination and harassment, including Title IX.**

NDSU prohibits discrimination and harassment on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, status as a U.S. veteran, or participation in lawful activity off the employer's premises during nonworking hours which is not in direct conflict with the essential business-related interests of the employer. **Title IX specifically prohibits discrimination based on sex** in education programs or activities, including, but not limited to, gender-based discrimination, pregnancy discrimination, sexual harassment, or sexual assault. **NDSU also prohibits retaliation** based on protected activity, including, but not limited to, reporting alleged discrimination or providing information during a discrimination investigation. **The full text of NDSU's policies related to equal opportunity, discrimination, harassment, and retaliation can be found at the end of this statement.**









Questions, concerns, or complaints related to equal opportunity, discrimination, harassment, and retaliation, including those related to Title IX, may be directed to:

Dr. Canan Bilen-Green
Vice Provost and Title IX/ADA Coordinator
Old Main 201
NDSU Main Campus
Fargo, ND 58108
Phone: [\(701\) 231-7708](tel:7012317708)
Email: ndsuoaa@ndsuo.edu

She has been designated to receive complaints from students, faculty, and staff regarding discrimination, harassment, and retaliation, including those related to Title IX, and to monitor NDSU's compliance with state and federal non-discrimination laws and regulations.

Complaints can also be filed with external agencies, including U.S. Department of Education Office for Civil Rights (Phone: 1-[\(800\) 421-3481](tel:8004213481), TDD: 1-800-877-8339, OCR@ed.gov, www2.ed.gov/ocr). See NDSU  [Policy 156](#) for full list.

NDSU's Equal Opportunity, Discrimination, Harassment, and Retaliation Policies:

-  [100](#) - Equal Opportunity and Non-Discrimination Policy
-  [100.1](#) - Non-Discrimination on the Basis of Disabilities and Reasonable Accommodation
-  [103](#) - Equal Opportunity/Affirmative Action Policy on the Announcement of Position Openings
-  [156](#) - Discrimination, Harassment, and Retaliation Complaint Procedures
-  [162](#) - Sexual and Gender-Based Harassment, Sexual Misconduct, and Title IX Policy
-  [162.1](#) - Consensual Relationships
-  [168](#) - Reasonable Accommodation on the Basis of Disability - Guidelines for Employee Requests
-  [601](#) - Code of Student Conduct

Bias Reporting System

NDSU offers bias incident reporting online or in person. The program is administered by the Office of Institutional Equity & Compliance. The reporting tool allows a person to report situations regardless of the desired outcome. A student does not need to have a desired outcome to utilize this tool. The Bias Reporting System can be found online at: www.ndsu.edu/equal_opportunity/biasreportingsystem. Paper forms are also available for reporting allegations of bias. The paper forms are in the Library (main campus and downtown), ONE STOP, and second floor of Old Main outside of room 201.

DIVERSITY AND INCLUSION RESOURCES

“The NDSU community prioritizes and values diversity and inclusion. We take collective responsibility for ensuring a sense of belonging, respect, and justice that support the success of each person.”

Listed below are a few of the organizations at NDSU that are available for your participation. For a more comprehensive view of diversity and inclusion at NDSU, please visit the website at <https://www.ndsu.edu/about/inclusion>.

- [Office of Multicultural Programs](#)
- [Disability Services](#)
- [Black Collegiate Women](#)
- [Black Student Association \(BSA\)](#)
- [Hispanic Organization of Latin Americans \(HOLA\)](#)
- [Native American Student Association \(NASA\)](#)
- [Pride Alliance](#)
- [LGBTQ+ Resources](#)
- [We Take a Stand Training for Students](#)
- [Multicultural and LGBTQIA Student Counseling](#)

If you have questions, concerns or need additional information or resources, please contact any administrator in the athletics department.

NDSU Counseling Center – SEE BELOW FOR TEMPORARY LOCATION FOR 2022-2023

The mission of the Counseling Center is to encourage individuals to develop their unique potential by providing services and programs in a supportive environment.

The NDSU Counseling Center provides a confidential setting in which students may explore concerns of a personal or academic nature; makes referrals; and serves as consultants for faculty and staff. Students in counseling can explore a variety of concerns which may prevent them from functioning at their optimum levels.

Anti-Racism and Solidarity Statement

NDSU Counseling Center affirms our commitment to recognize the impact that racism, xenophobia, and transphobia have on the mental health and well-being of Black, Indigenous, People of Color (BIPOC). We stand in solidarity with our BIPOC students, staff, and faculty and denounce the rise of overt racism and xenophobia.

As mental health professionals, we understand the impact of oppressive and harmful systems on the mental health and well-being of BIPOC, and at the same time, acknowledge that we will never fully grasp the pain and trauma unless we have experienced it ourselves.

As we continue to uncover and confront the deep entrenchment of institutional racism in this country, we are committed to evolving and growing in our counseling work to better serve our students. NDSU Counseling Center staff will continue to engage in work related to fostering our cultural competencies through ongoing training, specifically targeted at dismantling racism along with examination of our own inherent biases, and promoting anti-racism cultural competencies in the therapeutic process.

We encourage you to contact our center if you (or someone you know) would like support with coping and healing. We hope that the resources below resonate with the NDSU community as ways in which we can both support those who are hurting and join together to facilitate a more inclusive and supportive environment for all.

The NDSU Counseling Center is pleased to announce that it has temporarily relocated to the [Stop and Go Center \(1919 North University Drive\)](#) while its current location in Ceres Hall is remodeled to better serve our students.

Center services will remain the same, the only thing changing is our location for the year. Tentative plans are for the Center to return to a newly remodeled, modern office complex in May 2023.

Counseling Center services are available free of charge to all NDSU students and the Center is open year-round. Academic year hours are 8:00 AM – 5:00 PM, Monday – Friday and summer hours are 7:30 AM – 4:00 PM, Monday – Friday. The Center's telephone number is (701) 231-7671. Free two-hour parking will be available for students using the Center during this relocation period. Students can also take bus 34, with routes every 15 minutes, to the Stop and Go Center.

Scheduling An Appointment

- **Individual and Group Counseling** for NDSU students, **free** of charge.
- **In-person or remote appointments available** (*due to licensing restrictions, remote meetings only available for those physically located in North Dakota*).
- **Location:** [1919 University Drive North \(Stop and Go Center\)](#)
- **Phone number:** 701-231-7671.
- **Hours during the school Year:** M-F 8:00 a.m.-5:00 p.m.
- **Hours during summer and school breaks:** M-F 7:30 a.m.-4:00 p.m.

To schedule an appointment, please call us at 701-231-7671 to be scheduled for either a return appointment or an initial assessment. Alternatively, you can come in person to our office at [1919 University Drive North](#) to schedule an appointment.

>> If you are a student in crisis, please call the Center at (701) 231-7671 and we will have someone speak with you as soon as possible for a crisis appointment. If help is needed outside of normal business hours, as always you can call the Center at 701-231-7671, and FirstLink (the FM area 24-hour hotline) will answer the call and help deal with the situation.

>> If you are concerned about someone else and would like to consult about how best to help this person, call the Center (701-231-7671) and one of the staff members will discuss your concerns with you over the phone. For more crises/emergency information see our crises intervention page: [Crises Intervention](#).

FINANCIAL AID

Financial aid is provided to assist with college expenses. An athletic grant-in-aid, or scholarship, may consist of tuition and fees, room and board, books and other expenses related to attendance at the institution up to the cost of attendance established by NDSU. Athletic grants-in-aid are awarded within NCAA guidelines. All are awarded on a one-year basis and may be renewed annually. There are several guidelines surrounding financial aid that student-athletes should be familiar with:

Grant-in-aid

A grant-in-aid may pay for tuition, room and board, course and program fees, books and other expenses related to attendance at the institution up to the cost of attendance established by NDSU. Student-athletes should be aware that full or partial scholarships do not automatically cover four years. It is up to each head coach whether or not a student-athlete's grant will be renewed each year. To assist with the renewal of scholarships, student-athletes are encouraged to make sufficient academic progress each semester. Student-athletes should keep in mind that the NCAA does not permit the institution to pay for some fees. If you have questions or

concerns about your scholarship, contact your head coach or ONE STOP.

Student Loans/Grants

Even if a student-athlete does receive a full grant-in-aid, he/she also may apply for a student loan or grant. These loans are administered by NDSU Financial Aid & Scholarships and must be in accordance with NCAA regulations. As a student-athlete you are obligated to report all sources of financial assistance. You may set up direct deposit for excess financial aid checks; otherwise the checks will be mailed to you directly. If you have an existing bill on your account, you will go and pick up your check at ONE STOP and will be asked to pay the bill that is on your account.

Pell Grants

If it is determined a student-athlete's financial need is high enough, Pell Grant funding may be allocated. A student-athlete who receives a Pell Grant may receive financial aid equivalent to the cost of attendance plus the Pell Grant.

Employment

Student-athletes are permitted to work during the academic year. Earnings from a student-athlete's on or off-campus employment are exempt and not counted in determining a student-athlete's cost of attendance. Compensation may be paid to a student-athlete, provided:

- the student-athlete's compensation does not include any remuneration for value or utility that the student-athlete may have for the employer because of publicity, reputation, fame or personal following he/she has obtained because of athletic ability;
- the student-athlete is compensated only for the work actually performed; and
- the student-athlete is compensated at a rate commensurate within the locality for similar services.

Prohibited Financial Aid, Benefits and Arrangements (when not associated with an NIL agreement)

A student-athlete is prohibited from the following financial aid, benefits and arrangements:

- Employment arrangement for the athlete's relatives
- Gift of clothing or equipment
- Signing or co-signing a note with an agency to arrange for a loan
- A loan of money
- A guarantee of bond
- Providing loans to a prospect's relatives or friends
- Cash or like items
- Any tangible items, including merchandise
- The use of an automobile
- Free or reduced services, rentals or purchases of any type
- Free or reduced-cost housing
- Services such as typing, faxing
- Use of telephones, cell phones

Should you have questions on this complicated matter, contact the Director of Compliance or an appropriate athletic administrator.

GENERAL ATHLETIC SCHOLARSHIP POLICIES

- Student-athletes on athletic scholarship are bound by the same requirements for athletic eligibility as athletes who are not on scholarship.
- The total amount of financial aid (excluding bona fide loans and aid from family) for athletes receiving athletic grants and other university designated financial aid (such as academic scholarships or grants) may not exceed the cost of attendance. However, an athlete receiving a Pell Grant may retain the grant in addition to the cost of attendance. Academic honor awards that meet NCAA criteria are subject to consideration for retention by the student-athlete.
- In all cases, the student-athlete's financial aid award may not exceed the cost of attendance at NDSU.
- An athletic scholarship is issued for one academic year.
- Student-athletes who are NCAA qualifiers from high school may receive athletic aid during their first year.
- If a student-athlete is injured during official practice, competition or university sponsored travel to or from competition under intercollegiate athletics auspices, that student's athletic grant, or a portion thereof, may be continued until the athlete receives his/her baccalaureate degree or through the athlete's fourth year of enrollment, whichever comes first.

- The university's obligation to provide medical care and financial aid for an injured athlete under the above policy will terminate immediately if appropriate university medical staff certify that an injured athlete has recovered sufficiently to permit competition and the athlete voluntarily chooses not to participate in athletics.
- An athletic grant may be withdrawn during the period of the award if the student athlete:
 - Renders himself/herself ineligible for intercollegiate competition.
 - Voluntarily quits the team.
 - Loses amateur status in the athlete's sport.
 - Fraudulently misrepresents any information on an application, letter of intent or financial aid tender.
 - Engages in misconduct that brings disciplinary or other legal actions including conduct prior to enrollment at NDSU.
- An institution may cancel or reduce financial aid of the student-athlete who is found to have engaged in misconduct by the university's regular student disciplinary authority, even if the loss in aid requirement does not apply to the student body in general.
- A currently enrolled student-athlete may have their financial aid cancelled or reduced for a civil wrongdoing.
- According to recent changes in the Internal Revenue Code, a portion of a recipient's scholarship may be taxable. The recipient may exclude amounts paid for tuition and fees. Generally, amounts received for room and board become the taxable amount. NDSU is not required to furnish the recipient statement of taxable amounts. The student is responsible for reporting such amounts on his/her individual tax returns.

Appeals

NDSU provides the following appeals process for student-athletes who wish to appeal a decision regarding their athletic grant-in-aid or any other circumstance that warrants a sanction, by the head coach or an athletic administrator.

To initiate the appeal, the student-athlete needs to submit a written request that includes:

- The student's name, student ID, year in school, and sport;
- Reason for the appeal (e.g., denial of transfer request, team suspension);
- Reasons for believing that the decision was unfair, including names of institutional staff members (e.g., coach, athletic administrator) with whom the student-athlete had discussed the concern;
- Provide copies of any relevant documents to the University Student-Athlete Appeals Committee (e.g., letter regarding decision, suspension).

If the student wishes, a process advocate will assist the student with the preparation of the above materials. Upon request by the student the process advocate will be assigned by the chair of the University Athlete Appeals Committee and will be responsible to contact the athlete.

The student-athlete submits these materials to the chair of the University Student-Athlete Appeals Committee within 15 working days after receiving notification that the decision has been rendered contrary to the expectation of the student-athlete. After receiving this information, the chair of the committee notifies the appropriate coach and the athletic director of the appeal, provides them a copy of the information, schedules a hearing and notifies all of the parties to the appeal of the time and place. The hearing will usually be conducted by conference call, but the student-athlete may request the hearing be in person. During the hearing, each party presents its arguments to the University Athlete Appeals Committee.

Following the hearing, the University Student-Athlete Appeals Committee will take one of two actions:

1. If the appeals committee finds that the decision to uphold the decision regarding financial aid, to deny the transfer request or to sustain the decision for other circumstances, is not a violation of NCAA rules, regulations or institutional policies and no extenuating circumstances are present, the appeal is immediately denied.
2. If the appeals committee finds that the decision to uphold the decision regarding financial aid, to deny the transfer request or to sustain the decision for other circumstances, is a violation of NCAA rules, regulations or institutional policies, the appeal is immediately approved. The student-athlete will be awarded financial aid agreed upon by the appeals committee, granted permission to transfer or will be reinstated as a member of their respective team.

In either case, the chair of the appeals committee notifies the student-athlete of the decision in writing as soon as possible but not later than three (3) weeks after the hearing. If the student-athlete wishes to discuss the result of the appeal, a meeting with the chair or a designated member of the University Student-Athlete Appeals Committee is arranged.

The committee's decision is final and there is no appeal beyond the University Student-Athlete Appeals Committee.

Committee

The University Student-Athlete Appeals Committee consists of four faculty and staff members. Each member is appointed to a three-year term by the university President and may be re-appointed. The President shall designate the chair. **The Associate Vice Provost for Enrollment Management serves as the chair.** The current Faculty Athletics Representative is also a standing member of the committee.

AMATEURISM

Student-athletes must be aware of and responsible for amateurism rules as governed by the NCAA. A student-athlete will not be eligible for participation in an intercollegiate sport if the individual:

- Uses his or her athletics skills (directly or indirectly) for pay in any form in that sport;
- Accepts a promise of pay even if such pay is to be received following completion of intercollegiate athletics participation (i.e., gift certificates, cash, savings bonds);
- Signs a contract or commitment of any kind to play professional athletics, regardless of its legal enforceability or any consideration received;
- Receives, directly or indirectly, a salary, reimbursement of expenses or any other form of financial assistance from a professional sports organization based upon athletic skill or participation, except as permitted by NCAA rules;
- Competes on any professional athletic team, even if no pay or remuneration for expenses is received.

At the beginning of each sport season, student-athletes will be given an opportunity to report the acceptance or promise of pay. Thereafter, the institution shall fully assist the student-athlete in reinstating their eligibility.

It is imperative student-athletes report signing of any outside contract to play outside competition in their sport. For example, athletes may participate in approved summer leagues, including international leagues, with advance written permission from the directors of athletics or designee.

AGENTS

A student-athlete shall be ineligible for participation in an intercollegiate sport if he/she has ever agreed (orally or in writing) to be represented by an agent for the purpose of marketing his/her athletic ability or reputation in that sport. Further, an agency contract not specifically limited in writing to a sport or particular sports shall be deemed applicable to all sports, and the individual shall be ineligible to participate in any sport.

Each student-athlete is encouraged to keep in direct contact with their head coach and the director of athletics concerning the use of an agent.

EQUIPMENT

NDSU athletic equipment or clothing may be used only in practice, during workouts, or in competition while representing NDSU as a member of a team. Use during any other type of competition may result in loss of athletic eligibility, among other consequences.

If issued athletic equipment is not returned, awards may be withheld until the equipment is returned or paid for (i.e., rings, watches, jackets etc.)

- The athlete is responsible for all equipment issued to him/her. It is his/her responsibility to return all equipment (regardless of condition) to the equipment room on the date established by the equipment manager. All practice and competitive equipment must be returned to the equipment room immediately following the final competitive event of the season. Failure to return equipment could have severe consequences such as charges assessed to the student-athlete's account.
- If equipment is not returned, equipment personnel will notify the appropriate athletic administrator who will inform the student-athlete the amount due payable to the Athletic Business Office for collection.
- If a student-athlete, including those who have exhausted their athletic eligibility, fails to return his/her athletic equipment, the cost of equipment doubles and a hold will be placed on their official university transcript.
- An athlete cannot elect to purchase their equipment or uniform in lieu of its return. The athlete will reimburse the department double for any missing equipment.

UNIFORMS

All uniforms and protective equipment are to be worn properly and in accordance with Athletics Department, NCAA and sport-specific guidelines and procedures.

Uniforms include: top, bottom, head gear (e.g., helmet, hat, etc.), socks and footwear.

Uniforms and protective equipment **SHOULD NOT** be altered at any time. This includes: cutting, taping or writing messages (other than approved messaging such as wristbands with team plays). This rule also applies to other uniform accessories such as eye black, tape, towels, head bands, wrist bands, undergarments, etc.

TICKET POLICY

- The NCAA permits a maximum of four complimentary admissions per home contest to an eligible student-athlete in the sport in which the individual participates.
- Each student-athlete is responsible to identify the number of tickets and names of individuals who will sign for them.

Process, Terms and Conditions of Complimentary Admission for Student-Athletes

1. The request must be submitted online through guest management prior to the lockout date designated for the event.
2. Recipients must present a picture I.D. and enter through the pass gate.
3. A student-athlete may not receive payment from any source for his/her complimentary admissions and may not exchange or assign them for any item of value.
4. A student-athlete may not purchase tickets for an intercollegiate athletic event from the institution and then sell the tickets at a price greater than their face value.
5. Complimentary admissions will only be provided through a pass list for individuals designated by the student-athlete. Hard tickets will not be issued.

Process for Immediate Guests to Receive Game Admission

Please follow these steps when picking up your complimentary admission:

1. State the name of the player who reserved your complimentary admission.
2. Present a picture I.D. to the seller.
3. Sign the complimentary admission form.
4. Enter the stadium/arena.

Baseball	Southwest entrance, Newman Outdoor Field
Basketball	South entrance, SHAC
Football	East entrance, Fargodome (marked TEAM TICKETS)
Softball	North entrance, Ellig Sports Complex
Volleyball	South entrance, Bentson Bunker Fieldhouse
Wrestling	South entrance, SHAC

Doors/gates open 60 minutes prior to start of contest. For football only the doors will open 90 minutes prior to the start.

TRAVEL

NDSU has developed travel policies to ensure the safety of its student-athletes and its athletics staff. Foremost, if a student-athlete, manager or cheer team member requests not to travel with or return with the team, the student must complete an NDSU Athletic Trip Policy Waiver form. The form must be signed by a parent or guardian and be on file prior to departure.

MEDICAL CARE

Your physical welfare is very important to us at North Dakota State University. Every student-athlete will receive excellent medical care. The medical staff will closely monitor recuperation and recovery after an injury or illness to ensure you are at your peak level of physical health when competing. The athletic training staff hopes your competitive experience is enriching physically, mentally and socially, and is dedicated to helping you achieve your goals. With athletic participation comes the inherent risk of injury. We're here to help in the following ways:

- Reduce risk of injury through physical screening, conditioning programs and education.

- Should an injury occur, be available for consultation, referral to the team physician, and develop a treatment and rehabilitation program that will guide you to full recovery.
- Act as liaison between physician, coach, parents and athlete so everyone has full understanding of the capabilities or limitations the injury imposes.
- Educate the athlete so that he/she understands his/her injury, responsibilities and future implications for participation.

Physical Examinations

You are required to have a physical examination. All returning student-athletes will be given a physical when they return to school; transfer students and freshmen must have their physical prior to any workouts, including summer conditioning.

Treatment of Illness and Injuries

All illnesses or injuries, including cuts and abrasions, should be reported immediately to the athletic trainer of your sport. For injuries, the following steps should be taken:

- After reporting the injury to the athletic trainer, the student-athlete, in case of an emergency, will be taken to a hospital for evaluation.
- Following evaluation, the student-athlete may be referred to the athletic training room for treatment, or to the physician for additional evaluation.
- The student-athlete is required to report to the designated athletic training room for treatment.
- After daily evaluations of the injury and approval by the North Dakota State University team physician or personal medical physician, and thereafter verified by NDSU's team physician, and athletic trainer, the student-athlete will be allowed to return to competition.
- If appointments for a second opinion are made for further medical treatment or testing, it is imperative the student-athlete keeps that scheduled appointment. Further, without prior notification by the student-athlete to the Director of Sports Medicine to seek a second opinion, NDSU will not be responsible for any related expenses.

Pregnancy Policy

- Female student-athletes are encouraged to notify the sports medicine staff, coach and team athletic trainer immediately if they think they may be pregnant. The student-athlete is encouraged to seek assistance from the NDSU Sports Medicine Department, their personal health care provider or other experts in pregnancy and related conditions.
- The sport medicine staff will collectively work to assure the student-athlete's well-being as well as the student-athlete's position as a team member and/or her athletic scholarship. Women not on scholarship will receive the same level of care.
- Even if the student-athlete chooses to seek assistance from the NDSU Sports Medicine Department, the student-athlete is still strongly encouraged to seek outside professional medical care.
- A certified athletic trainer will assist in referring the student-athlete who thinks she may be pregnant to the Student-Health Service, a team physician, an obstetrician/gynecologist, or to the student-athlete's personal physician for medical care.
- With a positive pregnancy test, the student-athlete will be given information about the availability of professional counseling.
- In the event the student-athlete elects to continue to participate in intercollegiate athletics while pregnant, the following protocol will be followed:

A pregnancy management team consisting of the student-athlete, head coach, athletic trainer, team physician, obstetrician/gynecologist and/or personal physician and academic support staff will convene to monitor the student-athlete's health and academic progress. Parents or guardians must participate on the management team if the student-athlete is under age 18.

Based on a management plan and recommendations from the attending physician, the pregnancy management team will monitor the length and intensity of athletic participation and will determine how long the student-athlete may safely engage in strength and conditioning, practice and athletic competition.

The attending physician shall communicate, in writing, the level of activity permitted for the student-athlete and when the student-athlete shall cease participation.

In order to continue athletic participation during pregnancy, the student-athlete (and a parent or guardian if the student-athlete is under age 18) must sign an informed consent acknowledging the risks of continuing participation. Continuation is still

subject to medical clearance. Many medical experts suggest that pregnant women avoid competition after the 14th week of pregnancy due to the potential higher risk of health complications.

Postpartum, the attending physician's medical clearance will be required before the student-athlete can return to conditioning, practice and competition.

- The philosophy of North Dakota State University Athletics is that pregnancy and childbirth will be regarded as a temporary medical condition, similar to any temporary disability, which may result in the student-athlete's inability to participate in athletics.
- The student-athlete shall be informed that her position as a team member and her athletic scholarship, if applicable, is not in jeopardy for the current academic year as long as the student-athlete does not voluntarily withdraw from her sport, and that NDSU seeks a one-year extension of the NCAA five-year eligibility rule.
- A reduction or cancellation of scholarship is not permitted during the term of the award for the reason of pregnancy.
- If the student-athlete voluntarily terminates her position as a member of the team on a permanent basis, her athletic scholarship will continue only until the end of the current semester.
- Renewal and non-renewal of athletic financial aid for a pregnant or postpartum student-athlete will be determined by the head coach and the Director of Athletics. NCAA regulations regarding renewal and nonrenewal of athletic financial aid will be applied.
- It is possible that a pregnancy will have an impact on academic advancement and eligibility; therefore, it is of vital importance the student-athlete consult with her Academic Advisor, the Associate Director of Learning Services/Athletic Academics and the Director for Compliance regarding individual circumstances.
- All costs and expenses of the pregnancy are the responsibility of the student-athlete and will not be covered by the Department of Athletics.

A male student-athlete whose partner becomes pregnant often looks for support from others as well. Although males do not experience the physical changes associated with pregnancy they nevertheless may endure emotional stress. If you are a male and need direction, support, or guidance please know that many professionals are available to assist you. A first step would be, for you to visit with your head coach, athletic trainer or athletic director.

Mental Health Policy

Institutional financial aid based in any degree on athletics ability may not be reduced or cancelled because of an injury, illness, or physical or mental condition that prevents the recipient from participating in athletics (except as permitted pursuant to NCAA Bylaw 15.3.4.3).

North Dakota State University Policy on Inclusivity and Nondiscrimination for Transgender Student-Athletes

NORTH DAKOTA STATE UNIVERSITY NONDISCRIMINATION POLICY

North Dakota State University does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to: Vice Provost, Title IX/ADA Coordinator, Old Main 201, NDSU Main Campus, Fargo, ND, 58108, 701-231- 7708, ndsuoaa@ndsuoaa.edu.

DEFINITIONS

- Gender – The complex relationship between physical traits and one's internal sense of self as male, female, both, or neither, as well as one's outward presentations and behaviors related to that perception.
- Gender Identity – One's inner concept of self as male or female or both or neither. One's gender identity can be the same or different than the gender assigned at birth.
- Gender Nonconforming – A person whose gender expression or gender identity differs from gender norms associated with their assigned birth sex. Someone who identifies as gender nonconforming is not necessarily transgender.
- Cisgender – A person whose gender identity and gender expression align with sex assigned at birth.
- FTM (Female-to-Male or trans male) – A person who was assigned to the female gender at birth, but has a male gender identity.
- MTF (Male-to-Female or trans female) – A person who was assigned to the male gender at birth, but has a female gender identity.
- Transgender – Sometimes used as an "umbrella term" to describe anyone whose identity or behavior falls outside of stereotypical gender norms. More narrowly defined, it refers to an individual whose gender identity does not match

their assigned birth gender. Being transgender does not imply any specific sexual orientation (attraction to people of a specific gender). Therefore, transgender people may identify as straight, gay, lesbian, or bisexual.

- Transition – The process by which a transgender individual lives consistently with his or her gender identity, and which may (but does not necessarily) include changing the person’s body through hormones and/or surgical procedures. Transitions can occur in three ways: social transition through changes in clothing, hairstyle, name and/or pronouns; hormonal transition through the use of medicines such as hormone “blockers” or cross hormones to promote gender based body changes; and/or surgical transition in which an individual’s body is modified through the addition or removal of gender-related physical traits.

NCAA GUIDING PRINCIPLES ON INCLUDING TRANSGENDER STUDENT-ATHLETES

- Participation in intercollegiate athletics is a valuable part of the education experience for all student-athletes.
- Transgender student-athletes should have equal opportunity to participate in sports.
- The integrity of women’s sports should be preserved.
- Policies governing sports should be based on sound medical knowledge and scientific validity.
- Policies governing sports should be objective, workable, and practicable; they should also be written, available and equitably enforced.
- Policies governing the participation of transgender students in sports should be equitable in light of the tremendous variation among individuals in strength, size, musculature, and ability.
- The legitimate privacy interests of all student-athletes should be protected.
- Athletics administrators, staff, parents of athletes, and student-athletes should have access to sound and effective educational resources and training related to the participation of transgender and gender nonconforming students in athletics.
- Policies governing the participation of transgender students in athletics will comply with state and federal laws protecting students from discrimination based on sex, disability, and gender identity and expression.

NCAA BYLAWS & POLICIES RELATED TO TRANSGENDER STUDENT-ATHLETE PARTICIPATION

The following policies clarify participation of transgender student-athletes undergoing hormonal treatment for gender transition:

- A trans male (FTM) student-athlete who has received a medical exception for treatment with testosterone for diagnosed Gender Dysphoria and/or Transsexualism, for purposes of NCAA competition may compete on a men’s team, but is no longer eligible to compete on a women’s team without changing that team status to a mixed team.
- A trans female (MTF) student-athlete being treated with testosterone suppression medication for Gender Dysphoria and/or Transsexualism, for the purposes of NCAA competition may continue to compete on a men’s team but may not compete on a women’s team without changing it to a mixed team status until completing one calendar year of testosterone suppression treatment.

The following policies clarify participation of transgender student-athletes NOT undergoing hormonal treatment for gender transition:

- Any transgender student-athlete who is not taking hormone treatment related to gender transition may participate in sex-separated sports activities in accordance with his or her assigned birth gender.
- A trans male (FTM) student-athlete who is not taking testosterone related to gender transition may participate on a men’s or women’s team.
- A trans female (MTF) transgender student-athlete who is not taking hormone treatments related to gender transition may not compete on a women’s team.

Sports Sponsorship/Mixed Team Status – A mixed team is a varsity intercollegiate sports team on which at least one individual of each gender competes (Revised: 5/8/06). NCAA Bylaw 18.02.2 states that for the purpose of meeting the required minimums set forth in Bylaw 18, a mixed team shall be counted as one team and shall count toward the minimum sponsorship percentage of men’s championships.

- NCAA rules state that a male participating in competition on a female team makes the team a “mixed team.” The mixed team can be used for sports sponsorship numbers (provided other conditions outlined in Bylaw 20.9 are met) and counts toward the mixed/men’s team minimums within the membership sports sponsorship requirements. Such a team is ineligible for a women’s NCAA championship, but is eligible for a men’s NCAA championship.
- A female on a men’s team does not impact sports sponsorship in the application of the rule. The team still counts toward the mixed/men’s sport sponsorship numbers. Such a team is eligible for a men’s NCAA championship.
- Once a team is classified as a mixed team, it retains that status through the remainder of the academic year without exception.

Banned Substances – NCAA Bylaw 31.2.3 identifies testosterone as a banned substance, and provides a provision for a medical exception review for demonstrated need for use of a banned medication. It is the responsibility of the NCAA institution to submit the request for a medical exception (see www.ncaa.org/drugtesting) for testosterone treatment prior to the student-athlete competing while undergoing treatment. This request will be prepared and submitted by the North Dakota State University Sports Medicine staff before a student-athlete will be medically cleared for participation. In the case of testosterone suppression, the institution must submit written document to the NCAA of the year of treatment and ongoing monitoring of testosterone suppression.

STUDENT-ATHLETE RESPONSIBILITIES

In order to avoid challenges to a transgender student's participation during a sports season and so as to allow the institution to provide accurate sports sponsorship and championship information, a student-athlete who wishes to participate on a team that is different than their assigned gender at birth shall:

- Submit a request to participate on a sports team in writing to the director of athletics upon matriculation to the institution or when the decision to participate on a team that is different than their assigned gender at birth is made.
- In the case of a student-athlete who has completed, plans to initiate, or is in the process of taking hormones as part of a gender transition, the request should include a letter from the student's physician documenting the student-athlete's intention to transition or the student's transition status if the process has already been initiated. This letter should identify the prescribed hormonal treatment for the student's gender transition and documentation of the student's testosterone levels, if relevant.
- In the case of a student-athlete who is not planning to, nor has completed, the process of taking hormones as part of a gender transition, the request need only come from the student-athlete.

NORTH DAKOTA STATE UNIVERSITY DEPARTMENT OF ATHLETICS RESPONSIBILITIES

If a transgender student provides the director of athletics with the above documentation, the institution shall take the following steps:

- The director of athletics (or his/her designee) will meet with the student to review eligibility requirements and procedure for approval of transgender participation. The athletic director (or his/her designee) should also identify to the student the individual(s) that may need to know information in order to process an NCAA medical exception request, manage student-athlete accommodations, and process sports sponsorship information. The athletic director should request written permission from the student-athlete to share the minimally necessary information to the identified individual(s).
- If hormone treatment is involved in the student-athlete's transition, the North Dakota State University Sports Medicine staff shall notify the NCAA of the student's request to participate with a medical exception request.
- All discussions among involved parties and required written supporting documentation will, to the greatest extent possible, be kept confidential, unless the student-athlete makes a specific request otherwise. All information about an individual student's transgender identity and medical information, including physician's information provided pursuant to this policy, shall be maintained confidentially.

ADDITIONAL GUIDELINES FOR TRANSGENDER STUDENT-ATHLETE INCLUSION

Facility Access

- Changing Areas, Toilets, Showers – Transgender student-athletes may use the locker room, shower, and toilet facilities in accordance with the student-athlete's gender identity. When requested by a transgender student-athlete, North Dakota State University Athletics will work to provide private, separate changing, showering, and toilet facilities for the student-athlete's use. Transgender student-athletes are not required to use separate facilities. In addition, where possible, the Department of Athletics will also work to provide private, enclosed changing areas, showers, and toilets for use by any student-athlete who requests them.
- Competition at Another Institution – If a transgender student-athlete requests a particular accommodation to ensure access to appropriate changing, showering, or bathroom facilities, the Department of Athletics, in consultation with the transgender student-athlete, will notify the Department of Athletics of the host institution prior to competition to facilitate the availability of access to facilities that are comfortable and safe. This notification should maintain the student-athlete's confidential identity as a transgender person and will not be disclosed without the student-athlete's permission.
- Hotel Rooms – Transgender student-athletes generally should be assigned to share hotel rooms based on their gender identity, with a recognition that reasonable accommodations should be made if a student-athlete needs extra privacy.

Language

- Preferred Names – Teammates, coaches, and institutional personnel should refer to transgender student-athletes by a student-athlete's preferred name.

- Pronouns – Pronoun references to transgender student-athletes should reflect the student-athlete’s gender and pronoun preferences.

Dress Codes & Team Uniforms

- Dress Codes – Transgender student-athletes should be permitted to dress consistently with their gender identities.
- Dress Codes When Traveling – Team policies should be gender neutral. For example, team members should dress clean, neat, well cared for, and professional.
- Team Uniforms – Student-athletes should have access to uniforms that are appropriate for their sport.

Education

- Department of Athletics – Members of the Department of Athletics will receive information and education about transgender identities, institutional and conference non-discrimination policies, the use of preferred names and pronouns, and expectations for creating a respectful team and institutional climate for all student-athletes, including transgender and gender nonconforming student-athletes.
- Conferences & Opposing Teams – Conferences and Federations that North Dakota State University Athletics participates in will receive information and education about these North Dakota State University policies. All game contracts/agreements will include language that summarizes this policy and North Dakota State University’s expectations regarding the treatment of all student-athletes, including those who may be transgender.

Media

- Confidentiality – All reasonable steps should be taken to protect the privacy of transgender student-athletes. All medical information shall be kept confidential in accordance with applicable state, local, and federal privacy laws.

ENFORCEMENT & NON-RETIATION

Enforcement – Any member of the Department of Athletics who has been found to have violated this policy by threatening to withhold athletic opportunity or harassing any student on the basis of their gender identity or gender expression, or by breaching medical confidentiality, will be subject to disciplinary action, up to and including being forwarded to the North Dakota State University **Office of Gender and Sexual Diversity (LGBTQ)** (student) or termination (staff member). Any member of the Department of Athletics who becomes aware of conduct that violates this policy should report the conduct to the Director of Athletics or the NDSU **Human Resources Office**.

Retaliation – Retaliation is specifically forbidden against anyone who complains about discrimination based on gender identity or expression.

Resources

Transgender students attending NDSU have access to a variety of resources on campus, in the Fargo-Moorhead community, and online. Some of these resources can be found through our **Transgender Resource Guide** which can be found at: https://www.ndsu.edu/fileadmin/lgbtq/LGBTQ_Resource.pdf

References

https://www.ncaa.org/sites/default/files/Transgender_Handbook_2011_Final.pdf
<http://www.apa.org/practice/guidelines/transgender.pdf>

(12-31-19)

NDSU Athletic Training Equipment Check Out Policy

If you, as a student-athlete, receive an injury requiring utilization of any equipment (i.e. crutches, braces) they will be checked out to you until the medical staff indicates it is no longer medically necessary. Failure to return the item(s) will result in the student-athlete’s personal account being charged for the value of the modality. If the athlete has graduated, the athlete’s transcript will be held until receipt of payment.

STUDENT-ATHLETE INSURANCE POLICY

Participation in intercollegiate athletics carries with it an inherent risk of injuries. Athletes assume certain risks in that an athlete may suffer injuries in connection with intercollegiate activities. When such injuries occur, NDSU cannot assume indefinite responsibility for continuing medical care that might be subsequently required. Subject to the limitations stated

hereinafter, however, NDSU does accept certain obligations.

University Obligations

When a student-athlete is injured during the official NCAA playing and practice season, at a sanctioned competition or university sponsored travel to or from competition under NDSU's athletic department authority, the university will provide the following assistance to the injured student. For purposes of this policy, university sanctioned athletic activity includes all practices on university or shared community facilities authorized by a coach, and any events to which an athlete travels with university support or financial assistance.

- All student-athletes must have primary medical insurance coverage. North Dakota State University athletics carries a supplemental policy that requires all medical charges to be filed with a primary insurance company prior to consideration of acceptable charges. Therefore, all expenses must be filed with the student-athlete's primary insurance first.
- As a member institution of the NCAA, catastrophic injury coverage is dictated by the policy provided by the NCAA.
- Approved eligible medical costs associated with the injury must be submitted to the student-athlete's personal insurance policy. The university will cover deductible costs or remaining balances per NDSU's medical athletic policy.
- NDSU reserves the first right to obtain medical opinions about the injury from the NDSU medical staff for the necessity and reasonableness of any particular treatment of an injury.
- If the student-athlete seeks a second opinion from a physician other than an NDSU team physician, and the second opinion confirms the opinion of an NDSU team physician, then NDSU will only provide financial assistance for charges associated with the services performed by an NDSU team physician.

Limitations

The foregoing is subject to the following limitations:

- Any athlete with a pre-existing injury or who has a diagnosed illness prior to participation in NDSU athletics must notify in writing to the NDSU medical staff prior to participation in NDSU athletics. Any medical cost associated with the pre-existing injury or illness is not the responsibility of the NDSU athletic department, unless, after disclosure and approval to participate in athletics, an injury or illness is aggravated due to such participation.
- A medical physician, including the athlete's personal physician and/or a NDSU team physician, must certify that an injured athlete has recovered sufficiently to reasonably permit the athlete to participate. Furthermore, in all cases, NDSU reserves the right to rely on the opinion of a physician of its choosing should there be a difference of opinion.
- All treatment of injuries must be authorized or administered by the NDSU medical staff. Any outside treatment obtained by an injured athlete without NDSU authorization will not be the financial responsibility of the NDSU athletic department.
- North Dakota State University will assume eligible medical expenses incurred up to three months past the current academic year, provided the injury occurred prior to the last date of the academic year, as stated in the NDSU Student-Athlete Handbook found on line at www.gobison.com. This applies to a student-athlete who has exhausted eligibility and is listed on that year's official University intercollegiate team roster. This statement is not intended to automatically grant coverage of the medical costs as the athletic department reserves the right to determine if the situation warrants coverage.
- The above statement (#4) is null and void if the student-athlete voluntarily withdraws from the team.
- Any athlete injured in events or competition not conducted or sanctioned by the university is not eligible for NDSU financial medical assistance.
- If an injured athlete withdraws from the team, from the university, or graduates from NDSU, the provision of medical care and financial medical assistance will be terminated. North Dakota State University will assume eligible medical expenses incurred up to the date of withdrawal or graduation. This statement is not intended to automatically grant coverage of the medical costs as the athletic department reserves the right to determine if the situation warrants coverage.
- No provisions of this Student-Athlete Insurance Policy shall be interpreted to conflict with applicable NCAA rules and regulations.

DRUG TESTING / ALCOHOL SCREENING and Educational policy- *[Also refer to the NDSU Student-Athlete Alcohol Education/Alcohol Testing Policy and the NDSU Student-Athlete Drug Education/Drug Testing Policy under the Sports Medicine link on GoBison.com]*

It is our goal to provide Bison student-athletes, team managers and cheer team members an environment that allows them to develop their individual talents and to reach their full potential. We believe this environment should include consideration of potential obstacles a student-athlete, team manager or cheer team member may encounter while striving to reach his/her potential. It is our goal to educate our students about the effects (both long term and short term) of drugs / alcohol on their performance, and more importantly, on their lives. We hope our students compete and live free from all dangerous drugs, performance-enhancing substances and of the misuse of alcohol.

Our enhanced drug / alcohol education efforts have a testing and screening procedure to deter students from using performance enhancing drugs, experimenting with dangerous drugs and from the misuse of alcohol. These educational efforts apply to all student-athletes, team managers and cheer team members at NDSU.

For all of our student-athletes, team managers and cheer team members, there are two methods of selection for testing:

1. The first method is based on individualized reasonable suspicion that a student-athlete is using banned and/or illegal drugs.
2. The second is a random selection of student-athletes, team managers and cheer team members from selected teams or from the overall student-athlete, team manager and cheer team member population. If selected for testing, students will be required to produce a urine sample while being observed by a trained collector of the same gender.

The NDSU education and testing program does not replace the National Collegiate Athletic Association's (NCAA) year-round drug testing program. Student-athletes will continue to be subject to testing by the NCAA.

We will provide you with the exact details of the drug testing procedures.

If you have questions, contact Scott Woken, NDSU Asst. Athletics Director for Sports Medicine (701-231-7779 or scott.woken@ndsu.edu), or the National Center for Drug Free Sport Web site (www.drugfreesport.com). The REC (Resource Exchange Center) link on their Web page is a free confidential source of information available to all involved with NCAA athletics. REC tells whether specific dietary supplements or other substances contain NCAA banned ingredients. Access to the REC link requires a username (NCAA Division I) and password (ncaa1).

Synthetic Marijuana

The National Center for Drug Free Sport and the NCAA has issued concerns about a new substance commonly referred to as K2, but has been found under names such as "Spice" and "Spice Gold".

The ingredients listed on a package of K2 are all herbs. What are not listed are the compounds known as JWH-018 and JWH-073. These compounds give K2 its mind altering affects. These compounds mimic the effects of marijuana. JWH compounds multiply the negative effects of marijuana 3 to 5 times.

Symptoms include:

1. Racing Heart
2. Skyrocketing Blood Pressure
3. High Anxiety

Users have described sensations of feeling like their heart is going to explode. Users have experienced seizures and becoming non-responsive and unconscious.

Synthetic marijuana (and other synthetic drugs) are no longer legal- they are federally banned substances.

https://www.dea.gov/druginfo/drug_data_sheets/K2_Spice

There is absolutely no performance enhancing benefits to these compounds. In contrast, use could actually affect your athletic performance and training in a negative way.

NUTRITIONAL SUPPLEMENTS

The NCAA and NDSU have a student-athlete, team manager and cheer team member drug education and testing program. The NCAA has reported a significant number of positive drug tests for student-athletes using over-the-counter nutritional supplements during the past several years. Despite an aggressive educational campaign, the NCAA has noted the increase. In addition to the risk of testing positive, there are health and safety risks associated with many nutritional supplements.

It is imperative we warn you of the risks in using nutritional supplements. Using diet pills for weight loss also is a concern. Ephedrine (also known as ephedra and/or ma huang), which is banned by the NCAA and NDSU, for example, is a very accessible over-the-counter product, as are other banned products such as “andro” and “norandro.”

“The environment for today’s student-athlete is filled with easy access to products, which are legally available over-the-counter but contain substances banned by the NCAA. Many student-athletes assume if these products can be purchased at a health food store, they must be allowed under NCAA rules. THIS IS NOT TRUE! Reliance on the advice of the clerk at the store, the distributor at the gym, or anyone, who is not with the student-athlete’s athletics program, has resulted in erroneous information about whether the products contain any NCAA-banned substance. This false information sometimes results in a positive drug test for banned ingredients contained in the product.”¹

A student-athlete testing positive under rules of the NCAA or NDSU jeopardizes his/her athletic eligibility.

Our responsibility to provide you with the knowledge necessary to make informed choices is taken very seriously. If you currently are taking any nutritional supplements, we highly recommend you stop. You also are required to consult with Scott Woken, Asst. Athletics Director for Sports Medicine, at 701-231-7779, or your Strength & Conditioning coach to inform them of any substances you are taking. To do otherwise, is at your own risk.

The National Center for Drug Free Sport Web site (www.drugfreesport.com) is another excellent source of information. The REC (Resource Exchange Center) link on their Web page is a free confidential source of information available to all involved with NCAA athletics. The REC provides those who inquire whether specific dietary supplements or other substances contain NCAA banned ingredients. Access to the REC link requires a username (NCAA Division I) and password (ncaa1).

Gambling and Bribery Activities

The NCAA has established specific guidelines concerning the involvement in gambling. Student-athletes, coaches and staff shall not knowingly:

- Provide information to individuals in organized gambling activities concerning intercollegiate athletics competition
- Solicit a bet on any intercollegiate team
- Accept a bet on any team representing the institution
- Solicit or accept a bet on any intercollegiate competition for any item (e.g., cash, shirt, dinner) that has tangible value
- Participate in any gambling activity that involves intercollegiate athletics or professional athletics, through a bookmarker, a parlay card or any other method employed by organized gambling which includes NCAA March Madness pools, college Bowl game boards or Super Bowl boards
- Participate in internet sports wagering, pools or fantasy leagues in which an entry fee is required and there is an opportunity to win a prize.

In addition to awareness of the gambling threat to the integrity of intercollegiate sports, student-athletes are responsible for reporting the following to the appropriate athletic department official:

- Report any offers of gifts, money or favors in exchange for supplying team information or for attempting to alter the outcome of any contest.
- Maintaining a clear understanding of what constitutes gambling activities and reporting any suspected infractions.
- Contacting the head coach or Athletics Communications Office when questions concerning the release of team information are posed.

Participation in gambling activities can result in disciplinary actions by the University and the NCAA as well as local, state, and or federal prosecution of the involved individual(s).

HOUSING/FOOD SERVICE CHANGE POLICY

- It is the responsibility of all student-athletes to verify a change of residence by notifying their head coach.
- If you are moving from a university residence hall to an off-campus location, you need to complete a university housing release form. Contact your Residence Hall Director about the procedure for release from the hall. There could be a cost to you for breaking the housing contract.
- If you are on athletic room and/or board scholarship and live off-campus, a check for room and/or board will be issued to you; however, some coaches require you to eat your meals on campus. It is your responsibility to check with your head coach about your team policy.

- The first two days of the semester is the deadline for receiving permission for a check for either room or board.
- Under NCAA regulations, the athletic department may provide aid based on the official allowance for a room as listed in NDSU's official publication.
- It is the responsibility of each student-athlete to notify their Residence Hall Director if they will remain on campus during any official vacation period. The NCAA does not permit athletics to pay for any penalties incurred by the athlete for failing to notify Residence Life of the need to stay.

ATHLETIC PERFORMANCE AWARDS

Letter Jackets

Student athletes can earn letter jackets as an active and eligible team member. Each coach has sport specific criteria in addition to the general guidelines listed below:

- Complete the season as an academically eligible member in good standing on the team;
- Meet the criteria for earning a letter of their respective sport as defined by the coach. This may include adhering to respective team rules, policies, conduct expectations and academic standards;
- Under extraordinary circumstances such as an injury or illness, a student-athlete may receive a letter jacket upon recommendation from the head coach;
- A senior in eligibility, who does not meet the performance criteria, may be recommended by the head coach to receive a letter jacket.

Championship Awards Criteria

Awards for winning a league/conference or national championship may be provided only to student-athletes who were eligible to participate in the championship event.

Team Sports

To receive a watch (or other designated award), teams must win either the regular season championship (which does not lead to the NCAA national championship tournament), **or** receive an at-large bid to the NCAA tournament.

To receive a ring, teams must:

1. Win either the regular season championship,
or
2. Win the conference tournament championship,
and
3. Qualify for the NCAA national championship tournament.

Individual Sports

To receive a watch (or other designated award), individuals must win a conference/league championship. (Three conference championships during career would allow for a ring in the final season of eligibility.)

To receive a ring, individuals must qualify for the NCAA national championships.

NCAA Championship Awards: An individual NCAA National Champion will receive an award designed specifically for that sport. Each official member of a team winning an NCAA championship will receive an award designed specifically for that sport. The awards must be approved by the athletic director and conform to NCAA rules and regulations.

Student-Athlete of the Month: Awarded monthly to selected student-athletes who demonstrates academic success by maintaining a cumulative GPA of 3.0.

Conference Awards: These awards vary from sport to sport. Some are chosen by a coach's vote, while others depend on a place finish in conference competition.

Academic Performance Awards

Green & Gold Gala Academic Awards: At the end of each spring semester those student-athletes who have excelled in the classroom may qualify for an award. Criterion is based on student-athlete's GPA and/or number of times the student-athlete made the Dean's list in that academic year.

Green & Gold Gala Athletics Awards: Various awards given to selected student-athletes for athletic performance.

In addition to the above NDSU sponsored awards, there are numerous conference and national academic awards that you may qualify for.

STUDENT-ATHLETE NAME, IMAGE AND LIKENESS (NIL) POLICY

In an effort to allow North Dakota State University (NDSU) student-athletes the opportunity to benefit from the use of their name, image and likeness (NIL) consistent with the NCAA's principles and guidelines, it is permissible for student-athletes to participate in the following activities:

- **Student-Athlete Business Activities (athletically-related and non-athletically related); student-athlete may establish his or her own business or otherwise engage in business activities.**
 - o Social media content creation and distribution
 - o Promotion of student-athlete business
 - o Personal promotional activities (e.g., signing autographs)
 - o Sale of memorabilia purchased by the student-athlete
 - o Private lessons
 - o Camps and Clinics

- **Third party promotional activities**
 - o Endorsing a commercial product via television, radio or social media
 - o Modeling non-institutional athletics and non-athletics apparel
 - o Personal appearances at local businesses

International student-athletes: Due to student visa guidelines that regulate employment and earnings for visa holders, international student-athletes are advised against participating in NIL activities.

Before you engage in NIL activities please review this document carefully. Below are guidelines for disclosing NIL activities followed by important compliance information.

Disclosure of all name, image and likeness activities and entities/individuals involved is required. This includes compensation arrangements. The student-athlete shall provide such information in advance of any arrangements or agreements. The NIL platform, INFLCR, has been integrated into the Team Works app for reporting NIL activities. Student-athletes must report all NIL activities in INFLCR.

Any questions about reporting in INFLCR, please contact Brigit Sprenger, Director of Compliance, brigit.sprenger@ndsu.edu.

Additionally, prior approval is requested before engaging in NIL activities that involve NDSU corporate sponsors. A list of sponsors can be found at the end of this document.

Compensation earned by the student-athlete, in a manner consistent with the guidelines outlined herein, will not affect the student-athlete's grant-in-aid or athletics eligibility. This policy is based on current NCAA regulations. At this time the NCAA is still in the process of finalizing the rules surrounding NIL and as such this policy may change as a result of any decisions made by the NCAA. In addition, any federal legislation or law passed in the State of North Dakota could affect this policy.

Mission, Vision, and Core Values of North Dakota State University

Mission

We provide transformational education, create knowledge through innovative research, and share knowledge through community engagement that meets the needs of North Dakota and the world.

Vision

To lead the advancement of our land-grant ideals through innovative education, research, and outreach.

Core Values

The keystone to the success of the NDSU strategic plan is our commitment to shared governance, transparency, responsible decision-making, and a sustainable future. The strategic plan is based on the following NDSU core values:

Collegiality
Community
Creativity
Excellence
Impact
Innovation
Integrity
Resilience
Responsiveness
Transformational

INVOLVEMENT IN ACTIVITIES THAT CONFLICT WITH NDSU VALUES AND MISSION IS PROHIBITED.

NIL Policy for NDSU Student-Athletes, Staff, and Boosters

PROHIBITED ACTIVITIES

Student-athlete is not permitted to sell items provided by the institution, including awards and apparel retained by the student-athlete at the end of the season that the institution will not reuse, until the student-athlete has exhausted eligibility for intercollegiate competition.

Use of institutional marks and logos is prohibited for any NIL activity.

Student-athlete is not permitted to promote activities associated with the following: tobacco, alcohol, banned athletic substances, illegal substances or activities, or sports wagering

A student-athletes NIL may not be used by an athletics equipment company or manufacturer to publicize the fact that the institution's athletics program uses its equipment.

PERMISSIBLE ACTIVITIES

A student-athlete may earn compensation for the use of their NIL provided:

- The compensation is not contingent on specific athletic performance or achievement (e.g., financial incentives based on points scored). Athletic performance may enhance a student-athletes NIL value but athletic performance may not be the "consideration" for NIL compensation;
- The compensation (or prospective compensation) is not provided as an inducement to attend the institution ("recruiting") or to remain enrolled at a particular institution;
- The compensation is commensurate with market value; and
- The compensation is not provided by North Dakota State University, an entity whose purpose includes supporting or benefitting NDSU or its intercollegiate athletics program, or an officer, director, employee or agent of NDSU (e.g., NDSU Foundation, NDSU Team Makers, etc.).

Student-athlete may reference their involvement in intercollegiate athletics at NDSU when promoting their business activity.

Student-athlete may receive compensation for teaching or coaching sport skills or techniques in his or her sport on a fee-for-lesson basis and may use his or her NIL to promote or advertise the availability of such lessons, provided:

- If institutional facilities are used, applicable institutional processes for renting facility space in a manner consistent with the general public apply;
- Playing lessons shall not be permitted;
- Compensation is paid by the lesson recipient (or the recipient's family member) and not another individual or entity; and
- Instruction to each individual is comparable to the instruction that would be provided during a private lesson when the instruction involves more than one individual at a time.

Student-athlete may use the services of a professional service provider in the following NIL activities:

- Advice regarding NIL activities
- Representation in contract negotiations related to NIL activities; and
- Marketing of the student-athletes NIL activities.

- A professional service provider who represents an individual in NIL activities may not also represent a student-athlete for the purpose of marketing his or her athletics ability or reputation in a sport to secure an opportunity as professional athlete.
- A student-athlete is not permitted to use a professional service provider in NIL activities who is an employee or independent contractor of NDSU. For purposes of this provision, an entity that contracts with an institution for the primary purpose of providing products but not services is NOT considered to be an independent contractor.
- A fee arrangement for professional services shall be consistent with typical industry arrangements and must not be discounted as a result of athletics ability. Fees must be disclosed pursuant to a written agreement with the service provider. A student-athlete may receive the same de minimis benefits (e.g., meals, copies, mailing) from a professional service provider that non-student-athletes receive.

Student-athlete may permit the use of his or her NIL in **non-institutional promotional activities** and receive compensation for such activities and to advertise or promote the sale or use of a commercial product or service, provided:

- There is no institutional involvement in the arrangement, development or promotion of the relationship between the student-athlete and an involved individual or commercial entity
- No institutional marks are used in the advertisement or promotion

A student-athlete may receive compensation for his or her autograph in conjunction with a non-institutional promotional activity; however, no institutional marks may be used in conjunction with the sale of an autograph.

Compensation for an autograph during a required athletically related activity (e.g., team community outreach) or other institutional event is prohibited.

ADDITIONAL CONSIDERATIONS WHEN ENGAGING IN NIL ACTIVITIES

Student-athletes should be advised that earnings from NIL activities may need to be reported as taxable income and included as earnings when completing the FAFSA. Consulting a tax professional may be necessary.

Student-athlete must rent institutional facilities in the same manner as the general public if use is for student-athlete's private lessons.

INSTITUTIONAL RESPONSIBILITIES

NDSU and institutional staff members may not identify or select a professional service provider or arrange for or provide payment for services rendered to the student-athlete.

NDSU institutional staff members shall not provide professional services related to a PSA or student-athletes NIL activities.

NDSU and institutional staff members are not permitted to be involved in the development, operation or promotion of a student-athlete's business activity. This includes use of institutional facilities. A business activity that is developed as part of a student-athlete's coursework is not subject to these restrictions.

NDSU and institutional staff members are prohibited from purchasing a student-athlete's product or service.

NDSU and institutional staff members are not permitted to assist a student-athlete in identifying or securing name, image and likeness opportunities.

It is permissible for NDSU to provide the following name, image and likeness education to student-athletes:

- Educational programming on name, image and likeness and associated regulations;
- Assist in evaluating name, image and likeness opportunities and permissibility of those opportunities;
- Disclosure expectations; and
- Assist with evaluation of professional service providers

BOOSTERS

Athletics boosters are prohibited from creating or facilitating NIL compensation opportunities for prospective student-athletes as a recruiting inducement or current student-athletes as an inducement to remain enrolled at NDSU.

CURRENT NDSU CORPORATE SPONSORS

ACME Electric
AgCountry Farm Credit Services

Army Rotc
Bader Rutter
Barkley
Bell Bank
Bite Squad
Bobcat
Border States Electric
Brandt Hospitality
Buffalo Wild Wings
Bully Brew Coffee
Carmichael Lynch
Cass Clay Creamery
Chick-fil-a West Acres
City of Fargo
Cloverdale
Coaches Choice
Coke
Culver's
Dakota Refrigeration
Dakota Wholesale
Deek's Pizza
Discovery Benefits
Energy of North Dakota
Fargo Tire
First Western Bank and Trust
Flint Communications
Forum Printing
Gate City Bank
General Equipment
Golden Harvest
Great Clips
H2M
Halberstadt's West Acres
Hanson Runsvold
Heartland Chevrolet - Martin Retail Group
Hector International Airport
Herd & Horns
High Point Networks
Hornbacher's
In-House Marketing
Jersey Mike's
Jim Kasper
Jimmy John's
KLJ
L365 Training Account
Lemke Home
Liberty Business Systems
Midco
Mycogen Seeds
Napa
NDACo
NDSU Alumni Foundation
NDSU Bookstore
Nodak Insurance Company
North Dakota Beef
North Dakota Corn
North Dakota Department of Health
North Dakota Forest Service
North Dakota Soybean
North Dakota State University
Northern Bag & Box
Northland Ford/GTB
Northwestern Mutual

Ohnstad Twichell
 OK Tire
 Olaf Anderson
 Optimum
 Otey White
 Pepsi
 Peterson Farms Seed
 Petro Serve
 Pioneer
 Powerplate Meals
 Pro Seed
 Probitas Promotions
 Radio FM Media
 RDO Equipment
 Republic National Distributing Company
 Roers
 Sandy's Donuts
 Sanford
 Scheels
 Sickies Garage
 Signarama
 Sleep Number Corporation
 Smile Guys Dental
 Spotlight Media
 State Farm
 Taco John's
 Taco Shop
 Thrivent
 Thunder Seed
 Todd Kadrmas
 Vaaler Insurance
 Valent
 Versatile Vehicles
 Visto Trailers
 Vitalant
 Vogel Law Firm
 WDAY TV
 We Fest
 Xcel Energy

ATHLETICS COMMUNICATIONS

As a member of an NDSU intercollegiate athletics team, you should be aware that a great deal of attention is paid by the surrounding community to the university's athletics program. Part of the benefit of being associated with our university is the extensive media attention received by the athletics teams. The public is very interested in the intercollegiate athletic activities at NDSU, and it is from these interested alumni, fans and supporters that the university receives much of its support for our program.

You have a responsibility to the university, your coaches and your teammates to cooperate with the media whenever possible. To aid the athletic media relations office with requests for information from the media, you are asked at the beginning of the year to complete a questionnaire.

Interacting with the print and electronic media is an opportunity to develop communication skills that can be helpful to you, not only as a student-athlete, but in future professional and business careers. As an entering freshman (or upperclassman), you may be nervous about speaking to media representatives, but by the time you graduate, you will have become relaxed, confident and articulate.

Ryan Perreault - Assistant Director of Athletics - Communications	231-8331 -Football
Ben Dishong – Assistant Director of Athletics Communications	231-5591 -Soccer, Wrestling, Softball, Men's Golf
Wes Offerman -Assistant Director of Athletics Communications	231-8047 -M Basketball, M&W Track/CC
Myles Johnson – Assistant Director of Athletics Communications	231-8548 -Volleyball, W Golf, W Basketball, Baseball

STUDENT-ATHLETE- CODE OF CONDUCT

Introduction

Being a member of a North Dakota State University athletic team is a privilege, not a right, and is one that bears responsibilities. The obligations of a student-athlete extend beyond the athletics arena and classroom. As a member of any North Dakota State University athletic team you are responsible for understanding all of the responsibilities included in the Student-Athlete Code of Conduct. In addition, it is the student-athlete's responsibility to know and understand all sanctions that might be imposed by the University for violations of the *Rights and Responsibilities of Community: A Code of Student Conduct* (Section 601 of the NDSU Policy Manual - <https://www.ndsu.edu/fileadmin/policy/601.pdf>)

Student-athletes, like other students, are members of several communities including the University community, the residence hall community, and local, state and national communities. Each of these communities expects its members to exhibit respectful and lawful behavior.

The athletics program is a highly visible component of the University, and as such, student-athletes have the potential to become highly visible members of the public. As a result of that reality, and in conjunction with your responsibilities as a member of both the student population and the student-athlete population, it is critical that you, the student-athlete, remain cognizant at all times of your role in abiding by the appropriate rules of the University, the NCAA, the Summit League, the Missouri Valley Football Conference, the Big XII Conference and the North Dakota State University Athletic Department.

Any alleged violation of the Student-Athlete Code of Conduct that is reported to the Director of Athletics or the Athletic Department will require an investigation into the alleged violation. A meeting will be convened as soon as possible, with the Director of Athletics (or designee), involved party(ies), coach and sport supervisor and/or any other relative parties. Based upon this meeting, the Director of Athletics may impose, in a reasonable time, sanctions, separate from or in addition to University imposed sanctions for infractions of the *Rights and Responsibilities of Community: A Code of Student Conduct*.

These sanctions may include, but are not limited to, immediate and indefinite suspension from competition and practice. The Athletic Department reserves the right to suspend an individual(s) from competition or practice in situations where the alleged violation is deemed to be serious in nature.

Such actions may be taken upon notice to the Athletic Department of any alleged violation of the *Rights and Responsibilities of Community: A Code of Student Conduct* or the Student-Athlete Code of Conduct. This may result in the Athletic Department imposing sanction(s) when an outside agency (university disciplinary bodies, court of law, etc.) has not taken any action, has not made a final determination or after a final determination.

Additionally, because of varying roles/ relationships/responsibilities students may have within and outside of the University, a student may be held accountable for prohibited conduct under other university, local, state or federal policies/laws/jurisdictions, which includes student-athletes under the Student-Athlete Code of Conduct.

Actions under this code are educational as are other actions taken under NDSU policies. Because the University's procedures are educational and not criminal in nature, such separate proceedings do not constitute double jeopardy. The University may proceed under this code before, during or after other NDSU administrative processes, or legal proceedings, and does not typically wait for a court finding. Findings under this code may differ from judgments in criminal courts.

University Policy on Parental Notification

In the case of serious violations of federal, state or local law, including alcohol and other drug violations, or when instances of concern about the student's safety and wellbeing have come to the University's attention, the University may notify parents in cases where we believe the student might benefit.

Parental Notification Policy

Parents or guardians of students under 21 years of age may be contacted by an NDSU athletics administrator following alcohol and/or other drug related incidents:

- If a student is found responsible for violating the University's alcohol/drug policy that results in a University referral for assessments or evaluations for chemical dependency, and/or when University sanctions of Behavioral Probation or greater are assigned.

- Based on situations that appear to endanger the health, safety, or life of other persons or the student.
- If an individual is involved in incidents that resulted in significant property damage.
- If a decision is made that it is in the best interest of a particular student to involve a parent or guardian to help address other significant life concerns related to illegal use of alcohol or other drugs.

Rules Violation Policy

North Dakota State University is committed to operating its athletics programs in a manner consistent with the letter and the spirit of NCAA, the Summit League, the Missouri Valley Football Conference, the Big XII Conference, and University rules and regulations. Toward that end, our compliance program combines the training and education of coaches, staff and students; the review and modification of athletics department and University operating procedures to ensure compliance with those rules; and prompt institutional response when rule violations do occur.

Our goals are to educate coaches, staff, students and fans in their responsibilities under the rules, to develop operating systems within the Athletic Department and the University that guide staff and students in their efforts to work within the rules, and to respond to each rule violation so that we can correct the situation that led to the problem.

We affirm that staff members and student-athletes of the North Dakota State University Athletic Department have an obligation to report any violations or potential violations of NCAA, the Summit League, the Missouri Valley Football Conference, and the Big XII Conference, rules of which they are aware.

Rules of Sportsmanship

Each student-athlete is expected to exhibit good sportsmanship conduct at all times as a representative of the team, department, university and community. The following constitutes poor sportsmanship and will not be accepted:

- Physical or verbal abuse toward officials, opponents, spectators, coaches or the media.
- Chants or statements, which are discriminatory in nature.
- Throwing objects at or onto the playing surface or at spectators.
- Use of inciting or taunting gestures designed to elicit negative reactions from opposing players, coaches, spectators or officials.
- Fighting with opponents.
- Negative public statements demeaning a team-member, coach, opponent or another institution.
- Inappropriate "celebrations" which are disrespectful toward opponents.

Violation of the sportsmanship rules may result in sanctions imposed by the Director of Athletics that may include suspension or dismissal from your team. As a student-athlete, your behavior shall reflect the high moral standards and civility that characterize participation in intercollegiate athletics.

Smoking and Use of Tobacco Products

The use of any tobacco product is strictly prohibited in any University athletics facility or playing field. In addition, using such products at any athletics contest, practice or athletically related event is not permissible. These rules apply to any off site contest and throughout any travel break. In addition, the athletics administration of North Dakota State University reserves the right to impose sanctions on any student-athlete found in violation of this policy per Section 153 of NDSU Policy manual.

It is the belief of the athletics staff at NDSU that the use of tobacco products impacts the health and therefore performance of our student-athletes and teams. Individuals suffering from an addiction to any tobacco product are encouraged to seek assistance from the NDSU Counseling Center, 212 Ceres Hall, 701-231-7671.

[Also refer to 3.10 in the NDSU Rights and Responsibilities of Community: A Code of Student Conduct]

Hazing

[Please refer to 3.45 in the NDSU Rights and Responsibilities of Community: A Code of Student Conduct]

Harassment

[Please refer to 3.39-3.43 in the NDSU Rights and Responsibilities of Community: A Code of Student Conduct]

Sexual Assault / Sexual Misconduct and Title IX Compliance

NDSU has a responsibility to respond promptly and effectively to a concern and will take immediate action to investigate, eliminate sexual harassment or sexual violence, prevent its recurrence, and address its effects. NDSU cannot guarantee confidentiality. It must weigh the request for confidentiality against its obligation to protect the safety and security of the entire

campus. Individuals desiring confidentiality may contact one of the following:

- FM Rape & Abuse Crisis Center / 701-293-7273 / www.raccfm.com (24 hour access)
- NDSU Counseling Center / 701-231-7671 / www.ndsu.edu/counseling (24 hour access)
- Sexual Assault Prevention and Advocacy Coordinator /701-231-5733/ megan.talcott@ndsu.edu

If you are the recipient of sexual discrimination, sexual harassment, sexual violence, or become aware of such actions the person who will assist you is the Title IX Coordinator. The Title IX Coordinator will guide you in a confidential manner by answering questions, concerns or a complaint related to Title IX. Please contact Canan Bilen-Green at 701-231-7040 or via email at canan.bilen.green@ndsu.edu. Title IX Deputy that can also assist is: Colleen Heimstead, Senior Associate Athletic Director/SWA 231-5696.

[Also refer to 3.40 in the NDSU Rights and Responsibilities of Community: A Code of Student Conduct and NDSU Policy 162 – Sexual and Gender-Based Harassment, Sexual Misconduct, and Title IX Policy]

Sexual Harassment / Sexual Violence

The Athletic Department is committed to providing a safe and healthy environment for all of its student-athletes. Sexual harassment is unethical and unlawful and may result in department, University and legal sanctions. Sexual harassment is defined as:

"Unwelcome sexual advances, requests for sexual favors and other verbal or physical conduct of a sexual nature constitute harassment when:

- Submission to such conduct is made either explicitly or implicitly a term or condition of an individual's employment or academic achievement,
- Submission to or rejection of such conduct by an individual is used as the basis for employment decisions or academic decisions affecting such individual, or
- Such conduct has the purpose or effect of unreasonably interfering with an individual's work or academic performance or creating an intimidating, hostile or offensive environment."

Please note that sexual harassment in electronic form is also prohibited under NDSU Policy 710 – Computer and Electronic Communications Facilities.

Examples of prohibited conduct:

- Unwelcome sexual flirtation, advances or propositions
- Continued or repeated verbal abuse of a sexual nature
- Sexually degrading language to describe an individual
- Unwelcome remarks of a sexual nature to describe a person's body or clothing
- Display of sexually demeaning objects or pictures
- Offensive physical contact, such as unwelcome touching; coerced sexual intercourse
- Sexual assault
- Rape, date or acquaintance rape, or other sex offenses either forcible or non-forcible.

Concerns / Issues

NDSU athletics is committed to protecting the well-being of its student-athletes at all times. If you feel you have been mistreated, you are encouraged to visit with your coach, an athletic administrator or a staff member that you feel comfortable with in sharing your concern. This person will guide you with the correct course of action. Outside of the athletics department there are several individuals that you could also utilize.

After attempting to resolve the issue directly with the other person(s), or received guidance from those with which you shared the concern, and there is not a satisfactory resolution, as a general policy a student-athlete should follow the guidelines outlined for all university students. The specific site is located at <https://www.ndsu.edu/fileadmin/policy/601.pdf>

[Also refer to 3.40 in the NDSU Rights and Responsibilities of Community: A Code of Student Conduct and NDSU Policy 162 – Sexual and Gender-Based Harassment, Sexual Misconduct, and Title IX Policy]

NDSU Policy Manual Section 156.1: Title IX Complaint Procedures

https://www.ndsu.edu/fileadmin/policy/156_1.pdf

If a current student-athlete is involved in any Title IX allegation and it has been determined that the best course of action is to remove the student-athlete from their respective team, the following procedure of Policy 156.1 is applicable:

d. Emergency Removal. NDSU may remove a Party from the educational program or activity on an emergency basis, provided that NDSU determines, based on an individualized safety and risk analysis, that an immediate threat to the physical health or safety of any student or other individual arising from the allegations of sexual harassment justifies removal. i. NDSU will provide the Respondent with notice and an opportunity to challenge the Emergency Removal decision immediately following the removal. In challenging the Emergency Removal decision, the Respondent shall have the burden to show why removal should not be implemented or be modified. While this challenge process may produce facts and evidence relevant to the grievance process, this challenge process need not follow all of the requirements of the grievance process. As such, this meeting is not a hearing on the merits of the allegation(s) but rather is an administrative process intended to determine solely whether the emergency removal is justified.

Sexual Misconduct Prevention Program

Overarching Principles

1. Intercollegiate athletics departments should be fully knowledgeable about and integrated in overall campus policies and processes addressing sexual misconduct prevention and acts of sexual misconduct, particularly those related to adjudication and resolution of matters related to sexual misconduct.
2. Intercollegiate athletics departments should review annually the most current Checklist Recommendations of the NCAA Sexual Violence Prevention Toolkit, using it as a guide with resources to conduct ongoing, comprehensive education for student-athletes, coaches and athletics administrators.
3. Intercollegiate athletics programs should utilize their platform to serve as leaders on campus through engagement in and collaboration on efforts to support campus-wide sexual misconduct prevention initiatives. This includes involving student-athletes in prevention efforts in meaningful ways across campus including encouraging use of leadership roles on campus to support such efforts.

The North Dakota State University Athletics department is committed to a partnership with campus colleagues to address sexual misconduct prevention. It is an institutional responsibility to address this issue appropriately and effectively to make the NDSU campus safe for all students. We believe that all people deserve to be treated with dignity, respect and concern for their well-being regardless of sex, gender identity, gender expression, sexual orientation, age, race, religion, socio-economic status, ethnicity or national origin.

NDSU prohibits discrimination and harassment against any individual on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, status as a U.S. veteran, or participation in lawful activity off the employer's premises during non-working hours which is not in direct conflict with the essential business-related interests of the employer.

NDSU will demonstrate its commitment to sexual misconduct prevention on campus through:

- Leadership
- Collaboration
- Compliance and Accountability
- Education
- Student-Athlete Engagement

Leadership

The Director of Athletics is committed to supporting a healthy and safe culture at NDSU. Fundamental values such as respect, fairness, integrity, honesty and responsibility are the foundation for the fair and ethical operation of the athletics department. The Director of Athletics has clearly communicated the need for all student-athletes, coaches and staff to commit to sexual misconduct prevention and follow campus protocol for appropriate response to a report of sexual misconduct. Athletics department staff members and student-athletes are provided sufficient resources and training to prevent and appropriately respond to sexual misconduct. Student-athletes have opportunities to receive leadership training for sexual misconduct prevention through campus-sponsored events. The Director of Athletics and senior administrative staff work in conjunction with the Title IX Coordinator to develop, manage, implement and evaluate sexual misconduct prevention efforts for athletics staff, coaches and student-athletes. Athletics department staff members cooperate with university investigations into allegations of sexual misconduct, do not interfere with those efforts and ensure investigations involving student-athletes and athletics department staff are managed in accordance with federal regulations and campus policies. The athletics department follows the NCAA Board of Governors Policy on Campus Sexual Violence. The president, director of athletics and campus Title IX coordinator attest annually that they are compliant.

Collaboration

The athletics department engages campus experts to contribute in the development, implementation and evaluation of the athletics department's sexual misconduct education program. Those campus experts include: health and counseling services, Student Affairs, Equity Office, campus security, residence life and campus legal counsel. Student-athletes are encouraged to contribute to the development and implementation of the sexual misconduct education program.

Compliance and Accountability

Institutional compliance is non-negotiable. Compliance compels accountability for legal requirements, and most importantly, contributes to behavior changes that are essential to create and maintain a culture that fosters well-being and safety for all students. The athletics department works with and communicates with the campus Title IX Coordinator and other personnel and departments on campus dedicated to accountability for compliance requirements. Athletics department staff members are informed of the definition of “Responsible Employees” (Title IX) and “Campus Security Authorities” (Clery Act) and their respective responsibilities. Athletics department staff members are informed about investigation and discipline processes and understand that alleged occurrences of sexual misconduct are investigated and adjudicated by a school-wide system that address these matters for all students.

Annual Disclosure Requirement (New for 2022-23)

All incoming, current and transfer student-athletes must disclose annually to NDSU whether their conduct has resulted in discipline through a Title IX proceeding or a criminal conviction for sexual, interpersonal or other acts of violence. In addition, student-athletes must disclose any pending proceedings or those not completed.

Failure by the student-athletes to accurately and fully disclose investigatory activity, a disciplinary action or criminal conviction may result in penalties, including a loss of athletics eligibility as determined by NDSU.

NDSU will take reasonable steps to confirm the information provided by the prospective student-athlete, continuing and transfer student-athletes and provide it to other institutions if the student-athlete attempts to enroll in a different college or university.

NDSU will do its due diligence to gather conduct-related information from former schools attended by prospective student-athletes or transfer student-athletes. The transfer tracer in the NCAA Transfer Portal can provide this information.

Education

Student-athletes, coaches and other staff in the athletics department participate in ongoing education focused on the definition and nature of sexual misconduct and about positive, consensual behavior. Student-athlete educational programming occurs at the following time periods: orientation activities, team meetings, fall compliance meetings, academic meetings, Life Skills presentations and sports medicine meetings. Annual student-athlete educational programming includes: Bystander training for all first-year students, Alcohol & Other Drugs Abuse Prevention, Sexual Assault Prevention & Advocacy and multiple opportunities to attend Life Skills presentations and workshops. Annual athletics department staff training includes: Annual Clery Act for Campus Security Authorities (CSA’s) and Preventing Sexual Harassment/Title IX Sexual Misconduct/Equal Opportunity in-person training which was completed 10/2/2019 for a 3-year certification. The Student-Athlete Handbook and Student-Athlete Code of Conduct includes the following information and resources: Sexual Assault, Sexual Misconduct, Title IX compliance, Sexual Harassment and Sexual Violence. Contact information for the NDSU Title IX Coordinator is included in the Student-Athlete Code of Conduct. NDSU provides multiple opportunities for student-athletes, coaches and staff to attend presentations and workshops dedicated to harassment, discrimination and Title IX. The NDSU Equity Office provides the “ONE CAMPUS. ONE VISION.” brochure to all employees. It includes information and resources related to equity and Title IX. Other trainings offered by the NDSU Equity Office includes: Safe Zone, Community of Respect and AntiRacism.

Student-Athlete Engagement

There is a commitment by student-athletes to ensure all students are treated with respect, dignity and concern for their welfare. Student-athletes are encouraged to be active, visible participants in the broader campus and societal efforts to prevent sexual misconduct. NDSU sponsors many activities that afford opportunities for student-athletes to participate with their non-athlete campus peers in campus-wide programming. Coaches and other athletics staff encourage and support student-athlete involvement in sexual misconduct prevention efforts.

The NDSU athletics department demonstrates its commitment to culture change and campus safety with a vision to achieve a community that values, respects and upholds the dignity of all people.

North Dakota State University President, Director of Athletics and Title IX Coordinator attest that:

1. The athletics department is fully knowledgeable about, integrated in, and compliant with institutional policies and processes regarding sexual misconduct prevention and proper adjudication and resolution of acts of sexual misconduct.
2. The institutional policies and processes regarding sexual misconduct prevention and adjudication and the name and contact information for the campus Title IX Coordinator, are readily available within the department of athletics, and are provided to student-athletes.
3. All student-athletes, coaches and staff have been educated on sexual misconduct prevention, intervention and response to the extent allowable by state law and collective bargaining agreements.

Further, the athletics department will cooperate with university investigations into reports and matters related to sexual misconduct involving student-athletes and athletics department staff in a manner compliant with institutional policies for all students.

Gambling Policy

Student-athletes are expected to abide by the NCAA rule (Bylaw 10.3), which prohibits student-athletes from knowingly:

- Providing information to individuals involved in organized gambling activities concerning intercollegiate athletics competition;
- Soliciting a bet on any intercollegiate team;
- Accepting a bet on any team representing the institution;
- Soliciting or accepting a bet on any intercollegiate competition for any item (e.g., cash, shirt, dinner) that has tangible value; or
- Participating in any gambling activity that involves intercollegiate athletics or professional athletics, through a bookmaker, a parlay card or any other method employed by organized gambling.

Furthermore, a student-athlete who is involved in any activity designed to influence the outcome of an intercollegiate contest or participates in a wager involving a North Dakota State University contest, shall lose all remaining regular and post-season eligibility in all sports.

Alcohol and Controlled Substance Infraction Policy

[Also refer to the NDSU Student-Athlete Alcohol Education/Alcohol Testing Policy and the NDSU Student-Athlete Drug Education/Drug Testing Policy under the Sports Medicine link on GoBison.com]

Student-athletes will be held to the following standard of conduct relating to the use and misuse of alcohol and other controlled substances in addition to the Student Code of Conduct for all NDSU students. This policy will be administered in coordination with the Athletic Department, Student Affairs and Residence Life.

Category I - General Alcohol Offenses

If a student-athlete is found responsible for any alcohol offense (on or off campus), upon investigation by the Athletic Department, the following general sanctions will be imposed.

A meeting will be scheduled with the head coach, student-athlete(s), sport administrator, and the Director of Athletics (or designee) whereby sanctions will be imposed that include the following:

First Offense: https://www.ndsu.edu/counseling/basics_alcohol_screening_and_intervention/

1. The student-athlete is immediately suspended for all athletically related activity until such time that an appointment has been confirmed with the Counseling Center for the 90-minute BASICS (Brief Alcohol and Screening and Intervention for College Students) session which includes completion of an eCHECKUP TO GO Alcohol self-assessment, followed by an additional 50-minute session to discuss the self-assessment.
2. Confirmation that the meeting has been scheduled is reported back to Colleen Heimstead- Senior Associate Director of Athletics 701-231-5696 colleen.heimstead@ndsu.edu.
3. The student-athlete is required to follow recommendations of the assessment professional. If off-campus services are needed, the student-athlete assumes all financial responsibility.
4. Information regarding allegations and athletics investigation will be provided to the student affairs office for action under the NDSU Student Rights and Responsibilities: A Code of Student Conduct.

Please note: If the sanction to contact the Counseling Center on campus is not completed, the student-athlete will be suspended from all team functions until which time the requirements have been met.

Second Offense:

1-4. from First Offense are applied.

5. The student-athlete will be suspended from a minimum of 10% of all scheduled contests. Note: Suspension will be for the next consecutive scheduled contests during regular/secondary seasons. If a season ends during the suspension, the sanction will be carried over to the following season. Suspension must be immediate; furthermore, coach, Director of Athletics (designee) and/or sport supervisor have the right to add to game sanctions to span secondary and championship segments.

Third Offense:

1-5. from First and Second Offense are applied.

6. Athlete will be suspended from 50% of all scheduled contests. Note: Suspension will be for the next consecutive scheduled contests during regular/secondary seasons. If a season ends during the suspension, the sanction will be carried over to the following season. Suspension must be immediate; furthermore, coach, Director of Athletics, (or designee) and/or Sport Supervisor reserve the right to add to game sanctions to span secondary and championship segments.
7. Athletic Department reserves the right to revoke any/all privileges afforded to an NDSU student-athlete including but not limited to:
 - Removal of athletic related scholarship aid
 - Separation from athletic academic support services
 - Separation from athletic training services
 - Retention of all NDSU athletic issued equipment and supplies

Fourth Offense:

1. Student-Athlete will be immediately dismissed from his/her team.
2. Athletic Department reserves the right to revoke any/all privileges afforded to an NDSU student-athlete including but not limited to:
 - Removal of athletic related scholarship aid
 - Separation from athletic academic support services
 - Separation from athletic training services
 - Retention of all NDSU athletic issued equipment and supplies
3. Information regarding allegations and athletics investigation will be provided to the student affairs office for action under the NDSU Student Rights and Responsibilities: A Code of Student Conduct.

Please note: The calculation of the number of offenses is cumulative throughout the term of enrollment at North Dakota State University. Any subsequent violation of the Alcohol and Controlled Substance Infraction Policy after the initial violation will result in a more severe penalty than the previous violation regardless of designation as Category I or II. As such, during the meeting with the head coach, student-athlete(s), Sport Administrator, and the Director of Athletics (designee), the student-athlete will be informed of the penalties he/she will face for future violations.

Category II - Drug Offenses and/or Serious Offenses Involving Alcohol

If a student-athlete is found responsible for use, possession and/or misconduct involving drugs other than alcohol as stated in the North Dakota State University Alcohol and Drug Testing Policy, is arrested and/or convicted of Driving While Intoxicated (DWI) / Driving Under the Influence (DUI), or, participates in practice or competition under the influence of alcohol or illicit drugs at any time as a representative of a North Dakota State University athletics team and upon investigation by the Athletic Department, the following general sanctions will be imposed.

A meeting will be scheduled with the head coach, student-athlete(s), sport administrator, and the Director of Athletics (or designee) whereby sanctions will be imposed that include the following:

First Offense: https://www.ndsu.edu/counseling/basics_alcohol_screening_and_intervention/

For a positive Marijuana test with results at any level, 1-6 below will apply.

1. Within 72 hours of meeting with the head coach, sport administrator and Director of Athletics (or designee) the student-athlete must contact the Counseling Center to schedule a 90-minute BASICS (Brief Alcohol and Screening and Intervention for College Students) session which includes completion of either the eCHECKUP TO GO alcohol self-assessment or the eCHECKUP TO GO Marijuana self-assessment depending on the substance involved in the offense, followed by an additional 50 minute session to discuss the self-assessment results.
2. Confirmation that the meeting has been scheduled is reported back to Colleen Heimstead- Senior Associate Director of Athletics 701-231-5696 colleen.heimstead@ndsu.edu
3. The student-athlete is required to follow recommendations of the assessment professional. If off-campus services are needed, the student-athlete assumes all financial responsibility.
4. If a student-athlete refuses an assessment they will be subject to indefinite suspension from all regular season and/or secondary season practices and contests until the assessment is made.

5. If a student-athlete refuses treatment recommendations they will be subject to indefinite suspension from all regular season practice and contests until treatment recommendation is initiated and/or completed, depending on the treatment recommendation.
6. Information regarding allegations and athletics investigation will be provided to the student affairs office for action under the NDSU Student Rights and Responsibilities: A Code of Student Conduct.

For a positive Marijuana test with results at 150 nanograms per milliliter and above, 1-6 above will apply along with 7-9 below.

7. The student-athlete is immediately suspended for one (1) week from all countable athletically related activities.
8. Athlete will be suspended from 10% of all scheduled contests in the championship season. Note: Suspension will be for the next consecutive scheduled contests during the championship seasons. If a season ends during the suspension, the sanction will be carried over to the following championship season. Suspension will be immediate; furthermore, coach, Director of Athletics (designee) and/or the sport administrator reserve the right to add to game sanctions to span championship and non-championship segments.
9. Athletic Department reserves the right to revoke any/all privileges afforded to a NDSU student-athlete including but not limited to:
 - Suspension from the team
 - Loss of eligibility and dismissal from the team
 - Loss of athletics related scholarship aid

Second Offense:

The following sanctions apply for all Category II Second Offenses; however, any student-athlete whose first and second offenses were DUI/DWI will be immediately and indefinitely suspended from all athletically related activities and all privileges may be revoked.

For a positive Marijuana test with results at any level, 1-7 from First Offense will apply.

For all other second offense categories, 1-7 from First Offense are applied along with 8-9 below.

For a positive Marijuana test with results at 150 nanograms per milliliter and above, 1-7 above will apply along with 8-9 below.

8. Athlete will be suspended from 50% of all scheduled contests in the championship season. Note: Suspension will be for the next consecutive scheduled contests during championship seasons. If a season ends during the suspension, the sanction will be carried over to the following championship season. Suspension will be immediate; furthermore, coach, Director of Athletics, (or designee) and/or the sport supervisor reserve the right to add to game sanctions to span championship and non-championship segments.
9. The Athletic Department reserves the right to revoke any/all privileges afforded to a NDSU student-athlete including but not limited to:
 - Suspension from the team
 - Loss of eligibility and dismissal from the team
 - Loss of athletics related scholarship aid

This policy may be applied to off-campus violations when student-athletes are participating in University sanctioned activities such as sporting events, awards dinners, field trips, and conferences or are exercising privileges granted to North Dakota State University students in general.

Note: The calculation of number of offenses is cumulative throughout the term of enrollment at North Dakota State University. Any subsequent violation of the Alcohol and Drug Testing / Education Policy after the initial violation will result in a more severe penalty than the previous violation regardless of designation as Category I or II.

As such, during the meeting with the head coach, student-athlete(s), sport administrator, and the Director of Athletics, (or designee), the student-athlete will be informed of the penalties he/she will face for future violations.

Criminal Acts

Student-Athletes are expected to be responsible members of the University and outside communities. Any criminal acts will be treated as serious in nature and athletics sanctions will be imposed in addition to any legal or university determined sanctions. Any act that occurs while a student is enrolled at North Dakota State University and considered a member of a varsity athletics team will be treated as a violation of this code. Information regarding allegations of criminal acts will be provided to the student affairs office for action under the NDSU Student Rights and Responsibilities: A Code of Student Conduct.

Criminal acts will be considered in two categories.

Category I: Secondary Offense:

A secondary offense is any violation of criminal law that is not classified as a felony; any violation of the *Rights and Responsibilities of Community: A Code of Student Conduct*, as determined by an appropriate University official; academic fraud as established by the University and as determined by an appropriate University official; or, knowingly giving false and misleading information to a University official. The Director of Athletics, (or designee) will determine sanctions for a secondary offense. Sanctions may include but are not limited to any one or more of the following:

- Verbal and written warning reprimand
- Participation in educational sessions
- Restriction in athletic department services
- Requirements for restitution
- Suspension from practice
- Loss of competition
- Loss of eligibility and dismissal from the team
- Loss of athletic related scholarship aid

Following notification of a secondary offense committed by any student-athlete, the Director of Athletics (designee) will convene the appropriate parties, including but not limited to the student-athlete, head coach, and sport supervisor to investigate and discuss the known circumstances related to the violation. If appropriate, a representative of the University's Office of Student Affairs should also be involved in such discussions or used as a resource.

Following the investigation, the Director of Athletics (designee) will implement and monitor the appropriate sanctions as determined for the student-athlete(s) who committed the secondary offense. It is important to note that the athletic administration reserves the right to suspend a student-athlete from participation on an intercollegiate team while any criminal charge is being investigated.

Category II: Major Offenses:

A major offense is any violation of North Dakota state criminal law, federal law or laws of another jurisdiction that is classified as a felony; two or more secondary offenses while a student-athlete is enrolled at North Dakota State University; or, a violation of the North Dakota State University *Rights and Responsibilities of Community: A Code of Student Conduct* that could result in an expulsion or suspension from the university.

The sanctions for a major offense are that the student-athlete shall be immediately prohibited from participation in practice, competition and any services provided by the athletic department and from any athletic related benefits; and/or, the Director of Athletics may revoke or modify any athletic related financial aid to the student-athlete.

Following the immediate suspension, the Director of Athletics (designee) will convene the appropriate parties, including but not limited to the student-athlete, head coach, and sport supervisor to investigate and discuss the known circumstances related to the violation. If appropriate, a representative of the University's Office of Student Affairs should also be involved in all discussions. Following the investigation, the Director of Athletics and the appropriate representative of the University's Office of Student Affairs will determine the length (definite or indefinite) of the suspension.

The Athletic Department will follow/support any disciplinary decisions as made by the Office of Student Affairs. As major offenses are of the most serious nature, it is imperative that the University and the athletics community are both considered when determining the appropriate sanctions.

STUDENT-ATHLETE CODE OF CONDUCT APPEALS POLICY

Any Student-Athlete who is found responsible for any violation of the student-athlete code of conduct will be given the opportunity to appeal that finding and/or imposed sanctions. In order to formally appeal any such decisions, the affected student-athlete must follow the prescribed appeal process. Once a student-athlete is notified of a violation or of the sanction to be imposed for a violation, the affected student-athlete will have 72 hours once he/she receives written notification in order to submit an appeal. The appeal must be in writing to the Director of Athletics (designee) and must set forth in detail the

reason(s) for the appeal. All suspensions are immediate and counseling requirements will remain in effect during this period of appeal. The student-athlete will be granted a hearing of the appeals board within 72 hours of filing the appeal. The appeals board will consist of: the Faculty Athletic Representative (FAR) as the chair, one male and one female athlete from SAAC with junior or senior status but not in the same sport as the involved athlete, one member of the coaching staff but not in the same sport of the involved athlete, and a sport supervisor with direct oversight for the sport in which the involved athlete participates. The Senior Associate Director of Athletics/SWA/Compliance will serve as ex officio member of the appeals board and will be responsible for organizing and monitoring the process.

Please note: This process is separate from the student conduct action appeals process. Please refer to the NDSU Rights and Responsibilities: A Code of Student Conduct for information regarding the student conduct process that applies to all NDSU students.

Appeal Decisions

Appeals may be decided in one of the following manners:

- Finding of responsibility may be upheld and sanctions enforced; or,
- Finding of responsibility may be upheld but the sanction suspended or reduced; or,
- Finding of responsibility may be reversed and sanction withdrawn.

All decisions of the appeals board are considered final. Any decision by the appeals board which reverses a finding of responsibility and therefore withdraws all sanctions (C) will effectively erase the alleged violation from the student-athlete's record and should not be considered in calculating cumulative violations for that athlete in the future.

Notice to all NDSU Student-Athletes, Managers and Cheer Team Members

ND University System Part 86 Compliance Checklist

Part 86, Drug-Free Schools and Campuses Regulations Compliance Checklist 2020

1. Does the institution maintain a copy of its drug prevention program? Yes No

If yes, where is it located? NDSU Health Promotion, Student Health Service, Wallman Wellness Center,

2. Does the institution provide annually to each employee and each student, who is taking one or more classes for any type of academic credit except for continuing education units, written materials that adequately describe and contain the following?

a. Standards of conduct that prohibit unlawful possession, use, or distribution of illicit drugs and alcohol on its property or as a part of its activities

Students: Yes No Staff and Faculty: Yes No

b. A description of the health risks associated with the use of illicit drugs and the abuse of alcohol

Students: Yes No Staff and Faculty: Yes No

c. A description of applicable legal sanctions under local, state, or federal law

Students: Yes No Staff and Faculty: Yes No

d. A description of applicable counseling, treatment, or rehabilitation or re-entry programs

Students: Yes No Staff and Faculty: Yes No

e. A clear statement of the disciplinary sanctions the institution will impose on students and employees, and a description of those sanctions

Students: Yes No Staff and Faculty: Yes No

Any comments or clarifications on items 2 a-e:

See Appendix A and Appendix B

3. Are the above materials distributed to students in one of the following ways?

a. Mailed to each student (separately or included in another mailing)

Yes No

b. Through campus post offices boxes

Yes No

c. Class schedules which are mailed to each student

Yes No

d. During freshman orientation

Yes No

Brochures are distributed during each orientation session, one to parents/guardians, and the other to the prospective student. Both brochures address acute alcohol intoxication, services offered on campus, alternative activities, and national and campus statistics regarding alcohol/drug use.

e. During new student orientation

Yes No

Brochures are distributed during each orientation session, one to parents/guardians, and the other to the prospective student. Both brochures address acute alcohol intoxication, services offered on campus, alternative activities, and national and campus statistics regarding alcohol/drug use.

f. In another manner

Yes No

Students receive an email from the Dean of Students, it contains the full text of NDSU Policy 155: Alcohol and Other Drugs: Unlawful and Unauthorized Use By Students and Employees. This email is sent out early fall semester, early spring semester and the beginning of the summer semester. Additionally, upon visiting campus for the first time, prospective students receive an insert in their visit folders that includes information about Policy 155, including a link to the full policy.

Any comments or clarifications on items 3 a-f:

N/A

4. Does the means of distribution provide reasonable assurance that each student receives the materials annually?

Yes No

Once a student is admitted to NDSU, they are given an official NDSU email address. This address is used for all official communication by the University with that student. Students must activate this account to access classroom technologies (i.e., Blackboard Learning Management System). In May of 2007 "Section 609: Email as an official communication method to students" was adopted. The policy statement is as follows: Electronic mail (email), like postal and campus mail, is an official means by which the University may communicate with students. NDSU exercises the right to send email communication to students and expects that email communication is received and read by students in a timely manner. Paper copies of the policy are also disbursed throughout campus (NDSU Main Library, One Stop, Student Affairs Office, Office of Registration and Records).

5. Does the institution's distribution plan make provisions for providing these materials to students who enroll at some date after the initial distribution?

Yes No

The full NDSU Alcohol and Other Drugs Policy is sent out in its entirety each semester via email.

6. Are the above materials distributed to staff and faculty in one of the following ways?

a. Mailed

Staff: Yes No Faculty: Yes No

b. Through campus post office boxes

Staff: Yes No Faculty: Yes No

Any faculty and staff members who have not activated their email addresses are sent a paper copy of the policy via campus mail.

c. During new employee orientation

Staff: Yes No Faculty: Yes No

The Alcohol and Other Drugs Policy is included in the Annual Notice of Policies form given to each new faculty and staff member and is also discussed with staff members during their Human Resources new employee orientation, offered quarterly.

d. In another manner (email)

Each faculty and staff member receives an email from the Director of Human Resources and Payroll, containing the full text of the NDSU's Alcohol and Other Drugs Policy (Policy 155). This email is sent out early fall semester, early spring semester and the beginning of the summer semester. Furthermore, the policy is noted in the NDSU Annual Notice of Policies covered under the ND RMP and Mandatory Designated Medical Provider and Reporting Law, which individuals employed by NDSU are required to read and sign annually.

All NDSU employees are required to view and sign an annual notice of policies sent out via email by the University Police and Safety Office. This notification includes NDSU's Alcohol and Other Drug Policy (Policy 155).

Any comments or clarifications on items 6 a-d:

N/A

7. Does the means of distribution provide reasonable assurance that each staff and faculty member receives the materials annually?

Staff: Yes No Faculty: Yes No

Once a person is employed by NDSU, they are given an official NDSU email address. This address is used for all official communication by the University with that employee. For those faculty/staff members that do not have email accounts, a paper copy of the policy is sent via campus mail. Paper copies of the policy are also disbursed throughout campus (NDSU Library, One Stop, Student Affairs Office, Office of Registration and Records).

8. Does the institution's distribution plan make provisions for providing these materials to staff and faculty who are hired after the initial distribution?

Staff: Yes No Faculty: Yes No

The alcohol and drug policy is included in the Annual Notice of Policies form that is given to each new faculty and staff member and also talked about during the staff member Human Resources new employee orientation. In addition, the full alcohol and drug policy is sent out in its entirety each semester.

9. In what ways does the institution conduct biennial reviews of its drug prevention program to determine effectiveness, implement necessary changes, and ensure that disciplinary sanctions are enforced?

a. Conduct student alcohol and drug use survey

Yes No

The North Dakota Student Wellness and Perception Survey (NDSWAPS) was developed to provide an insight into the current well-being of North Dakota College Students, ranging from their experiences using alcohol and other drugs to mental health symptomology and unwanted sexual experiences. The aim of gathering data through NDSWAPS is to inform and develop prevention and intervention efforts specific to students in North Dakota, in addition to students on each institution's campus, within the North Dakota University System. The survey is administered biennially. All undergraduate students enrolled in the North Dakota University System were invited to participate in the 2020 NDSWAPS via an email notification during Fall 2020; all responses were collected through an online survey platform (i.e., Qualtrics) and were anonymous to promote disclosure of students' true experiences. Results from the 2020 NDSWAPS will be available in February 2021; results from the 2018 NDSWAPS can be found [here](#).

The American College Health Association – National College Health Assessment (ACHA-NCHA) will be administered to students during the Spring 2021 semester. The assessment includes questions regarding students' alcohol, tobacco, and substance use.

b. Conduct opinion survey of its students, staff, and faculty

Students: Yes No Staff and Faculty: Yes No

c. Evaluate comments obtained from a suggestion box

Students: Yes No Staff and Faculty: Yes No

d. Conduct focus groups

Students: Yes No Staff and Faculty: Yes No

e. Conduct intercept interviews

Students: Yes No Staff and Faculty: Yes No

f. Assess effectiveness of documented mandatory drug treatment referrals for students and employees

Students: Yes No Staff and Faculty: Yes No

g. Assess effectiveness of documented cases of disciplinary sanctions imposed on students and employees

Students: Yes No Staff and Faculty: Yes No

CHOICES is used as a sanction for on-campus alcohol infractions. Program administrators (professional residence life staff) conduct informal assessment of participant (student) reflections to evaluate the fidelity of student participation in the intervention. Similarly, periodic surveys are sent to previous program participants (students)

asking their evaluations on the effectiveness of program administrator and/or session. Qualitative information from students is used for program improvement.

Any comments or clarifications on items 9 a-g:

10. Who is responsible for conducting the biennial reviews?

NDSU Student Health Service
Wallman Wellness Center
NDSU Department 2842
P.O. Box 6050
Fargo, ND 58108-6050

11. If requested, has the institution made available, to the Secretary and the public, a copy of each requested item in the drug prevention program and the results of the biennial review?

Yes No

12. Where is the biennial review documentation located?

Name:Laura Oster-Aaland
Title:Vice Provost for Student Affairs and Enrollment Management
Old Main 100E
NDSU Department 2830
P.O. Box 6050
Fargo, ND 58108-6050
701-231-7052
Laura.osteraaland@ndsu.edu

Additional copies available at:
NDSU Student Health Service
Wallman Wellness Center
NDSU Department 2842
P.O. Box 6050
Fargo, ND 58108-6050

Online: [NDSU Health Promotion website](#)

ND University System Part 86 Compliance Checklist

Part 86, Drug-Free Schools and Campuses Regulations Compliance Checklist 2021

1. Does the institution maintain a copy of its drug prevention program? Yes No

If yes, where is it located? NDSU Health Promotion, Student Health Service, Wallman Wellness Center

2. Does the institution provide *annually to each employee and each student, who is taking one or more classes for any type of academic credit except for continuing education units, written materials that adequately describe and contain the following?*

- a. Standards of conduct that prohibit unlawful possession, use, or distribution of illicit drugs and alcohol on its property or as a part of its activities

Students: Yes No Staff and Faculty: Yes No

- b. A description of the health risks associated with the use of illicit drugs and the abuse of alcohol

Students: Yes No Staff and Faculty: Yes No

- c. A description of applicable legal sanctions under local, state, or federal law

Students: Yes No Staff and Faculty: Yes No

- d. A description of applicable counseling, treatment, or rehabilitation or re-entry programs

Students: Yes No Staff and Faculty: Yes No

- e. A clear statement of the disciplinary sanctions the institution will impose on students and employees, and a description of those sanctions

Students: Yes No Staff and Faculty: Yes No

Any comments or clarifications on items 2 a-e:

See Appendix A and Appendix B

3. Are the above materials distributed to students in one of the following ways?

- a. Mailed to each student (separately or included in another mailing)

Yes No

- b. Through campus post offices boxes

Yes No

- c. Class schedules which are mailed to each student

Yes No

- d. During freshman orientation

Yes No

- e. During new student orientation

Yes No

- f. In another manner

Yes No

Students receive an email from the Dean of Students, it contains the full text of NDSU Policy 155: Alcohol and Other Drugs: Unlawful and Unauthorized Use By Students and Employees. This email is sent out early fall semester, early spring semester and the beginning of the summer semester. Additionally, upon visiting campus for the first time, prospective students receive an insert in their visit folders that includes information about Policy 155, including a link to the full policy.

Any comments or clarifications on items 3 a-f:

N/A

4. Does the means of distribution provide reasonable assurance that each student receives the materials annually?

Yes No

Once a student is admitted to NDSU, they are given an official NDSU email address. This address is used for all official communication by the University with that student. Students must activate this account to access classroom technologies (i.e., Blackboard Learning Management System). In May of 2007 "Section 609: Email as an official communication method to students" was adopted. The policy statement is as follows: Electronic mail (email), like postal and campus mail, is an official means by which the University may communicate with students. NDSU exercises the right to send email communication to students and expects that email communication is received and read by students in a timely manner.

5. Does the institution's distribution plan make provisions for providing these materials to students who enroll at some date after the initial distribution?

Yes No

The full NDSU Alcohol and Other Drugs Policy is sent out in its entirety each semester via email.

6. Are the above materials distributed to staff and faculty in one of the following ways?

a. Mailed

Staff: Yes No Faculty: Yes No

b. Through campus post office boxes

Staff: Yes No Faculty: Yes No

Any faculty and staff members who have not activated their email addresses are sent a paper copy of the policy via campus mail.

c. During new employee orientation

Staff: Yes No Faculty: Yes No

The Alcohol and Other Drugs Policy is included in the Annual Notice of Policies form given to each new faculty and staff member and is also discussed with staff members during their Human Resources new employee orientation, offered quarterly.

d. In another manner (email)

Each faculty and staff member receive an email from the Director of Human Resources and Payroll, containing the full text of the NDSU's Alcohol and Other Drugs Policy (Policy 155). This email is sent out early fall semester, early spring semester and the beginning of the summer semester. Furthermore, the policy is noted in the NDSU Annual Notice of Policies covered under the ND RMP and Mandatory Designated Medical Provider and Reporting Law, which individuals employed by NDSU are required to read and sign annually. All NDSU employees are required to view and sign an annual notice of policies sent out via email by the University Police and Safety Office. This notification includes NDSU's Alcohol and Other Drug Policy (Policy 155).

Any comments or clarifications on items 6 a-d:

N/A

7. Does the means of distribution provide reasonable assurance that each staff and faculty member receives the materials annually?

Staff: Yes No Faculty: Yes No

Once a person is employed by NDSU, they are given an official NDSU email address. This address is used for all official communication by the University with that employee. For those faculty/staff members that do not have email accounts, a paper copy of the policy is sent via campus mail.

8. Does the institution's distribution plan make provisions for providing these materials to staff and faculty who are hired after the initial distribution?

Staff: Yes No Faculty: Yes No

The alcohol and drug policy is included in the Annual Notice of Policies form that is given to each new faculty and staff member and also talked about during the staff member Human Resources new employee orientation. In addition, the full alcohol and drug policy is sent out in its entirety each semester.

9. In what ways does the institution conduct biennial reviews of its drug prevention program to determine effectiveness, implement necessary changes, and ensure that disciplinary sanctions are enforced?

a. Conduct student alcohol and drug use survey

Yes No

The North Dakota Student Wellness and Perception Survey (NDSWAPS) was developed to provide an insight into the current well-being of North Dakota College Students, ranging from their experiences using alcohol and other drugs to mental health symptomology and unwanted sexual experiences. The aim of gathering data through NDSWAPS is to inform and develop prevention and intervention efforts specific to students in North Dakota, in addition to students on each institution's campus, within the North Dakota University System. The survey is administered biennially.

The American College Health Association – National College Health Assessment (ACHA-NCHA) was administered to students during the Spring 2021 semester. The assessment includes questions regarding students' alcohol, tobacco, and substance use.

b. Conduct opinion survey of its students, staff, and faculty

Students: Yes No Staff and Faculty: Yes No

c. Evaluate comments obtained from a suggestion box

Students: Yes No Staff and Faculty: Yes No

d. Conduct focus groups

Students: Yes No Staff and Faculty: Yes No

e. Conduct intercept interviews

Students: Yes No Staff and Faculty: Yes No

f. Assess effectiveness of documented mandatory drug treatment referrals for students and employees

Students: Yes No Staff and Faculty: Yes No

g. Assess effectiveness of documented cases of disciplinary sanctions imposed on students and employees

Students: Yes No Staff and Faculty: Yes No

CHOICES is used as a sanction for on-campus alcohol infractions. Program administrators (professional residence life staff) conduct informal assessment of participant (student) reflections to evaluate the fidelity of student participation in the intervention. Similarly, periodic surveys are sent to previous program participants (students) asking their evaluations on the effectiveness of program administrator and/or session. Qualitative information from students is used for program improvement.

Any comments or clarifications on items 9 a-g:

N/A

10. Who is responsible for conducting the biennial reviews?

NDSU Student Health Service
Wallman Wellness Center, 102
NDSU Department 2842
P.O. Box 6050

Fargo, ND 58108-6050

- 11. If requested, has the institution made available, to the Secretary and the public, a copy of each requested item in the drug prevention program and the results of the biennial review?**

Yes No

- 12. Where is the biennial review documentation located?**

NDSU Student Health Service

Wallman Wellness Center, 102

NDSU Department 2842

P.O. Box 6050

Fargo, ND 58108-6050

NDSU Student Health Service Website:

https://www.ndsu.edu/studenthealthservice/healthpromotion/substance_use_education/resources/

- 13. Comments or clarifications on any above items:**

N/A

ND University System Part 86 Compliance Checklist

Part 86, Drug-Free Schools and Campuses Regulations Compliance Checklist 2022

1. Does the institution maintain a copy of its drug prevention program? Yes No

If yes, where is it located? On the website of NDSU Student Health Service, Health Promotion, Substance Use Education webpage. https://www.ndsu.edu/studenthealthservice/healthpromotion/well_being_education/substance_use_education/

2. Does the institution provide annually to each employee and each student, who is taking one or more classes for any type of academic credit except for continuing education units, written materials that adequately describe and contain the following?

a. Standards of conduct that prohibit unlawful possession, use, or distribution of illicit drugs and alcohol on its property or as a part of its activities

Students: Yes No Staff and Faculty: Yes No

b. A description of the health risks associated with the use of illicit drugs and the abuse of alcohol

Students: Yes No Staff and Faculty: Yes No

c. A description of applicable legal sanctions under local, state, or federal law

Students: Yes No Staff and Faculty: Yes No

d. A description of applicable counseling, treatment, or rehabilitation or re-entry programs

Students: Yes No Staff and Faculty: Yes No

e. A clear statement of the disciplinary sanctions the institution will impose on students and employees, and a description of those sanctions

Students: Yes No Staff and Faculty: Yes No

Any comments or clarifications on items 2 a-e:

See Policy 155 - <https://www.ndsu.edu/fileadmin/policy/155.pdf>

3. Are the above materials distributed to students in one of the following ways?

a. Mailed to each student (separately or included in another mailing)

Yes No

b. Through campus post offices boxes

Yes No

c. Class schedules which are mailed to each student

Yes No

d. During freshman orientation

Yes No

e. During new student orientation

Yes No

f. In another manner

Yes No

Students receive an email from the Dean of Students that contains the full text of NDSU Policy 155: Alcohol and Other Drugs: Unlawful and Unauthorized Use By Students and Employees. This email is sent out early fall semester and early spring semester.

Any comments or clarifications on items 3 a-f:

n/a

4. Does the means of distribution provide reasonable assurance that each student receives the materials annually?

Yes No

Once a student is admitted to NDSU, they are given an official NDSU email address. This address is used for all official communication by the University with that student. Students must activate this account to access classroom technologies (i.e., Blackboard Learning Management System). In May of 2007 “Section 609: Email as an official communication method to students” was adopted. The policy statement is as follows: Electronic mail (email), like postal and campus mail, is an official means by which the University may communicate with students. NDSU exercises the right to send email communication to students and expects that email communication is received and read by students in a timely manner.

5. Does the institution's distribution plan make provisions for providing these materials to students who enroll at some date after the initial distribution?

Yes No

The full NDSU Alcohol and Other Drugs Policy is sent out in its entirety each semester via email.

6. Are the above materials distributed to staff and faculty in one of the following ways?

a. Mailed

Staff: Yes No Faculty: Yes No

b. Through campus post office boxes

Staff: Yes No Faculty: Yes No

c. During new employee orientation

Staff: Yes No Faculty: Yes No

The Alcohol and Other Drugs Policy is included in the Annual Notice of Policies form given to each new faculty and staff member and is also discussed with staff members during their Human Resources new employee orientation.

d. In another manner

Each faculty and staff member receive an email from the Director of Human Resources and Payroll, containing the full text of the NDSU’s Alcohol and Other Drugs Policy (Policy 155). This email is sent out early fall semester and early spring semester. Furthermore, the policy is noted in the NDSU Annual Notice of Policies covered under the ND RMP and Mandatory Designated Medical Provider and Reporting Law, which individuals employed by NDSU are required to read and sign annually. All NDSU employees are required to view and sign an annual notice of policies sent out via email by the University Police and Safety Office. This notification includes NDSU’s Alcohol and Other Drug Policy (Policy 155).

Any comments or clarifications on items 6 a-d:

n/a

- 7. Does the means of distribution provide reasonable assurance that each staff and faculty member receives the materials annually?**

Staff: Yes No Faculty: Yes No

- 8. Does the institution's distribution plan make provisions for providing these materials to staff and faculty who are hired after the initial distribution?**

Staff: Yes No Faculty: Yes No

The alcohol and drug policy is included in the Annual Notice of Policies form that is given to each new faculty and staff member and also talked about during the staff member Human Resources new employee orientation. In addition, the full alcohol and drug policy is sent out in its entirety each semester.

- 9. In what ways does the institution conduct biennial reviews of its drug prevention program to determine effectiveness, implement necessary changes, and ensure that disciplinary sanctions are enforced?**

- a. Conduct student alcohol and drug use survey**

Yes No

The American College Health Association – National College Health Assessment (ACHA-NCHA) was administered to students during the Spring 2021 semester. The assessment includes questions regarding students' alcohol, tobacco, and substance use.

- b. Conduct opinion survey of its students, staff, and faculty**

Students: Yes No Staff and Faculty: Yes No

- c. Evaluate comments obtained from a suggestion box**

Students: Yes No Staff and Faculty: Yes No

Student Health Service has a suggestion box located within its facility and an online form for students to submit suggestions and feedback.

- d. Conduct focus groups**

Students: Yes No Staff and Faculty: Yes No

- e. Conduct intercept interviews**

Students: Yes No Staff and Faculty: Yes No

- f. Assess effectiveness of documented mandatory drug treatment referrals for students and employees**

Students: Yes No Staff and Faculty: Yes No

- g. Assess effectiveness of documented cases of disciplinary sanctions imposed on students and employees**

Students: Yes No Staff and Faculty: Yes No

CHOICES is used as a sanction for on-campus alcohol infractions. Program administrators (professional residence life staff) conduct informal assessment of participant (student) reflections to evaluate the fidelity of student participation in the intervention. Qualitative information from students is used for program improvement.

Any comments or clarifications on items 9 a-g:

n/a

10. Who is responsible for conducting the biennial reviews?

NDSU Student Health Service
Wallman Wellness Center, 102
NDSU Department 2842
P.O. Box 6050
Fargo, ND 58108-6050

11. If requested, has the institution made available, to the Secretary and the public, a copy of each requested item in the drug prevention program and the results of the biennial review?

Yes No

12. Where is the biennial review documentation located?

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Wallman Wellness Center, 102
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Fargo, ND 58108-6050

NDSU Student Health Service Website:

https://www.ndsu.edu/studenthealthservice/healthpromotion/well_being_education/substance_use_education/resources/

13. Comments or clarifications on any above items:

n/a