

THE STALL STREET JOURNAL

Wave Hello to New Friends! How to connect socially this fall



Whether you're new or returning, the start of the semester is a great time to meet people and build community.

Ways to Connect:

Join a Club. Tulane has more than 200 student organizations—from pre-professional groups and performance troupes to club sports and service orgs. Joining a club is a great way to meet people with similar interests and try something new. Check out the **Student Activities Expo on Sunday, August 31 from noon to 3 p.m. in the Reilly Center** to meet members of our diverse student orgs.

Say Hi to Your Neighbor. Whether you live on campus or commute, don't be afraid to start a

casual conversation with someone nearby. Getting to know the people on your floor or in your neighborhood can lead to lasting friendships and a more supportive living environment.

Attend Campus Events. Cheer on the Green Wave at football and volleyball games, head to Sunday Movie Night, or join one of your RA's community events. Not into sports? No problem—there's something for everyone happening on campus.

Meeting new people doesn't mean letting go of the old ones. Stay grounded by checking in with family or your ride-or-dies. That balance can help you feel supported all semester.

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Missing Home? Tips for the Transition

Whether you're close to home or far away, starting college can be a big adjustment. Missing your family, friends, or pets is normal and expected. Here are tips to ease the transition.

Establish a routine

Structure can bring comfort during uncertain times. Try to maintain a few habits from home—like regular mealtimes, workouts, or hobbies—or build new ones to help your days feel more predictable.

Get out and explore

When you're feeling homesick, staying in your room might seem easier—but getting out can really help. Walk through Audubon Park, explore Magazine Street, or try a local café. Finding new go-to spots can help New Orleans feel a little more like home.

Stay connected, but find a balance

Texting and calling loved ones back home can be grounding, but don't let it stop you from being present here. Prioritize both: keep your connections to home, but make space for new friendships.

Get involved and build community

Take advantage of social opportunities like clubs, sports, or campus events to meet new people. Getting involved can help you build connections and find a sense of belonging.

Be patient with yourself

Adjusting takes time, so be kind to yourself as you settle in. It's OK to miss home and be excited about college at the same time.

Understanding the Red Zone

About half of all college sexual assaults happen in the first three months of the fall semester—a period known as the **Red Zone**. The more you know, the better equipped you are to stay safe and support your community.

Be Proactive About Sexual Safety

- **Know your boundaries.** Thinking ahead will make them easier to express.
- **Talk about it.** Share your needs and make sure you and your partner are aligned.
- **Trust your gut.** If something feels off, it's okay to walk away.

Know Your Resources

If you choose to reach out for support, it's important to understand the differences between private, confidential, and anonymous resources, so you can decide what feels right for you.

Private: Info stays mostly private but may be shared with key staff when safety action is needed.

- **Case Management & Victim Support Services (CMVSS)** – Helps with housing, academics, reporting options, and recovery | 504-314-2160 | srss@tulane.edu | tulane.edu/concerns
- **Student Affairs Professional On-Call (SAPOC)** – Available 24/7 for urgent student concerns | 504-920-9900
- **TUPD** – Safety response and connection to law enforcement | Uptown: 504-865-5911 | Downtown: 504-988-5555



Want to learn more?

Visit our Shatter the Red Zone tablings on McAlister **every Friday from 3 to 4:30 p.m.**

Confidential: Info isn't shared without your permission unless safety is at risk.

- **Counseling & Psychiatric Services (CAPS)** – Offers therapy, medication support, and emergency same-day mental health appointments | 504-314-2277
- **The Health Center** – Provides confidential medical care after an assault, including STI testing and pregnancy prevention | 504-865-5255
- **Mental Health Complete** – Virtual platform offering therapy, coaching, and psychiatry | campushealth.tulane.edu/mental-health-complete

Anonymous & Confidential: Support is available without giving your identity.

- **Sexual Aggression Peer Hotline and Education (SAPHE)** – A 24/7 peer-run student hotline offering trauma-informed listening and resources | 504-654-9543
- **The Line** – A 24/7 crisis hotline offering immediate, anonymous support | 504-264-6074

