

Leatherneck Family NEWSLETTER

FEBRUARY 2024 VOLUME 1 ISSUE 3



IN THIS ISSUE TIPS FOR A SAFE SPRING BREAK



Whether it's a rest at home with family and friends, a car trip across state lines, or a televised beach party, students need to be mindful of their safety over Spring Break. The following are just a few of the safety tips suggested by CollegiateParent.



Keep your ID on you - Ensure that your student travels with their driver's license on them at all times. If they are traveling abroad, they should keep their passport securely on their person (a zippered jacket inside pocket works well for this). They should also bring a paper copy of their passport, in case the original disappears.



Don't Travel Alone - Staying in a group is the best way to avoid becoming the victim of a crime.



Be Careful With Money - Flashing large amounts of money in public can increase the risk of getting robbed. Your student should only carry small amounts of cash on them during their trip, and keep their money in an inner pocket or front pants pocket where it's out of a pickpocket's reach.



Drink Safely - Talk to your student about safe drinking habits just in case they decide to participate. Some ways to moderate the effects of alcohol are to eat a meal before drinking, stay hydrated by drinking a glass of water between each alcoholic beverage and to stay out of the sun if drinking.



Practice Safe Sex - When engaging in sex, always use condoms, whether internal or external ones. They are the most effective way to prevent pregnancy and STDs. For oral sex of any kind, dental dams are a good option for safer sex. Most importantly, advise them to always secure or give consent before acting.

SOURCE:

[HTTPS://WWW.COLLEGIATEPARENT.COM/HEALTH-SAFETY/SPRING-BREAK-SAFETY-TIPS-FOR-COLLEGE-STUDENTS/](https://www.collegiateparent.com/health-safety/spring-break-safety-tips-for-college-students/)

Spring Break is, according to Merriam Webster, a vacation from classes at a school usually for a week in the spring. However, Hollywood would make you believe that it's just a big endless party, complete with DJs, alcohol and risky behavior. Although Spring Break has maintained a bad reputation over the years, there are also wholesome activities that students can participate in over that period of time.

Specifically, WIU's Office of Student Engagement (OSE) offers an Alternative Spring Break (ASB) opportunity. The OSE is taking a group of students to Kansas City, Missouri to volunteer with an affordable housing community the week of Spring Break, March 10-15.



- EVE NOTTROTT-GRADUATE STUDENT IN THE OFFICE OF STUDENT ENGAGEMENT AND ORGANIZER OF ALTERNATIVE SPRING BREAK

NEXT PAGE...

Learn more about Alternative Spring Break

SPRING BREAK CAN BE ANYTHING A STUDENT WANTS IT TO BE: RELAXING, FUN, ADVENTUROUS OR SERVICE-MINDED.

Participating students will be organizing and cleaning the food pantry in Kansas City, helping unload food deliveries, community gardening, and serving dinner. Eve Nottrott, Graduate Student in the Office of Student Engagement and organizer of the trip, described the experience as an opportunity for students to use their time off in a meaningful way.

Nottrott said, "This service-learning trip allows students to see the world, serve the world, and expand their world. Students will travel to a new city, experience different cultures, learn the significance of giving back, and participate in educational activities. ASB has great benefits for students as they have the chance to gain new perspectives and serve alongside their peers in a new community. They will engage in social-issue community service." The students will also be exploring the city during the week.

Nottrott said that there are still spaces available for the trip and applications will close after March 1st. The total cost of the trip is \$450, which includes food and lodging. Applications can be made on Leatherneck Link or [here](#).

She added that families of students participating in ASB can support their students by asking them what their goals are for the trip, including what they want to get out of it, what they want to learn, and how they will go about making the best of the experience. After the trip, families can support their students by reflecting with them on the people they interacted with and if and how their perspectives changed.

- This is a publication of New Student and Family Programs (NSFP), a department of Western Illinois University's Student Success Division
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WIU students
enjoying Alternative
Spring Break in
2023's destination,
New Orleans.

**ASK YOUR
STUDENT TO THINK
ABOUT THEIR
GOALS FOR THE
BREAK AND HELP
THEM TO PLAN
ACCORDINGLY
WITH SAFETY IN
MIND.**

WOULD YOU LIKE TO SUPPORT WIU'S ALTERNATIVE SPRING BREAK?

THE OSE IS WELCOMING FINANCIAL DONATIONS OF ANY KIND THAT WILL HELP COVER THE COSTS OF MEALS, TRANSPORTATION, LODGING, AND OTHER EXPENSES ASSOCIATED WITH THE TRIP.

IF YOU ARE ABLE TO MAKE A FINANCIAL CONTRIBUTION (SUGGESTED DONATIONS ARE \$25 - \$100), OR WISH TO DISCUSS THE TRIP FURTHER, WE ENCOURAGE YOU TO CONTACT VOLUNTEER PROGRAMS AT VOLUNTEER@WIU.EDU. IF YOU ARE INTERESTED IN DONATING ONLINE, PLEASE EMAIL THEM SO THEY CAN SEND YOU THE APPROPRIATE LINK.

Office of Student Engagement

ALTERNATIVE SPRING BREAK



Apply today at tinyurl.com/AlternativeSB2024

see the world · serve the world · expand your world
Contact ec-nottrott@wiu.edu with questions!

Upcoming Career & Internship Fairs

QC EXPO All Major

Wednesday, February 21st
1:00pm-4:00pm
Moline, IL

All Major Career & Internship

Tuesday, March 19th
12:00pm-3:30pm
Macomb Campus

Summer Opportunities

Wednesday, February 21st 11:30am-3:30pm
Macomb Campus

International Student Career Fair

Friday, March 1st 3:00pm-5:00pm
Virtual

Education Career Fairs

Friday, March 8th 1:00pm-3:00pm
Macomb Campus
Virtual: Wednesday, March 13th

Law Enforcement Fair

Tuesday, April 23rd
10:00am-2:00pm
Macomb Campus

FOR MORE INFORMATION VISIT
WIU.JOINHANDSHAKE.COM OR
EMAIL CAREERS@WIU.EDU



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