Way to Stay Safe

The red "push for help" button is to be used when you feel unsafe. This will automatically dial the on-campus security phone number, 608-796-3084, and email, residencelife@viterbo.edu, to their phone contact list to obtain a whistle.

Keychain alarms with light are sold for $14 at the Student Development center.

La Crosse is a very safe city to live in. In 2009, it was even considered one of the best college campuses in the country. The transition to college, no matter how exciting, can also bring up feelings of sadness, loss, and concern to parents and children. Some students may have anxiety surrounding their college choice and the future. It is important for parents to try something new, meet people from different areas of campus, and enjoy free time as well as to participate in activities during the first two weeks of the fall semester at Viterbo. A variety of activities are hosted by on-campus residence life offices.

How Can I Help My Student Make This Transition?

Adapted from: "How Can I Help My Student Make This Transition?" by Beth Sculley, Assistant Director of Residence Life/Community Coordinator for Residence Halls

Put emergency number in your cell phone. On campus emergency numbers are: Police Department: 911 - Student Health Services: 608-796-3911 - Campus Emergency: 608-3911 - Student Counseling Services: 608-796-3084 - Campus Security: 911

Lock your car and don’t forget to check on it.

Put your belongings away. Do not leave your property open and unattended.

Stay in touch.

Make a call every day to check in. Check in on the things your child is doing, the people they are spending time with, the classes they are taking, and most importantly, the things they are doing to release their stress. Communication is key! If your child doesn’t want to talk, find a time to talk to them about how they feel. Share your experience and the things you are feeling. Let your child know that it’s okay to be sad, but strongly encourage your child to be balanced with their time. This is a stressful time, and it’s important to have a healthy balance of communication.

Provide reassurance.

Tell your child that you love them and are happy for them to be in college. Be proud of them and tell them so. Share with your child that you are proud of their accomplishments and will be there to support them in any way you can.

Show support.

Let your college bound student know that they are loved and will always have support from you. Talk to them about how you will be there for them and that you will be there to help them through this time. Encourage your child to reach out to their parents and family for support, and be there for them when they need it.

Help your child find resources within the campus community.

Help your child find resources within the campus community that can provide support and assistance. This could include counseling services, academic advisors, and other resources on campus. Encourage your child to talk to their professors and other faculty members about their concerns, and to reach out to the Office of Academic Support Services for assistance.

Help your child find resources outside of the campus community.

Help your child find resources outside of the campus community that can provide support and assistance. This could include community centers, local non-profits, and other organizations in the area. Encourage your child to reach out to these organizations for support, and to find resources that can help them through this transition.