



Howl for Help Reflection Paper

Expectations for your paper

- Include your name, student ID number, email address, and the name of the person you met with at the top of the first page.
- Typed, 12-point font, standard one-inch margins, double spaced, and checked for errors (spelling and grammar).
- Paper must meet the length and due dates requirements as specified.
- Save the paper as a PDF and submit it using the Sanction Submission Form at go.ncsu.edu/sanction_submissions
- **Answer each and every prompt honestly and thoroughly**

Based on the situation and your conversation(s) with the Office of Student Conduct, you have been assigned a series of reflection questions. In order to complete this sanction, it is expected that you will take time to reflect on the topic and write a clear, well-developed response that demonstrates that you have thought about the issue and considered all aspects.

This is an opportunity to demonstrate the insight you have developed regarding the expectations required of every member of this scholarly community. This should not be used as an opportunity to complain about policies or laws. You must answer all of the following questions in order to complete the reflection paper.

Disclaimer

NC State University cares about the success and overall well-being of all students. Please be advised that disclosures of sexual harassment or misconduct may be reported to the Office for Institutional Equity and Diversity. This sharing of information is required as staff in the Office of Student Conduct are designated as [Responsible Employees](#). More information and available resources can be found [here](#).

Should you have questions or concerns, please speak with your hearing officer or contact the Office for Institutional Equity and Diversity at 919.515.0574 or equalopportunity@ncsu.edu.

Looking Back

1. Describe, in as much detail as you are comfortable sharing, what happened that resulted in emergency personnel and/or University staff being contacted for your safety. Be sure to include anything that motivated you to act, any assumptions you made along the way, and any rationalizations you may have used in making your decisions.
2. Based on what you know or have learned since the incident, describe other situations you have been involved in where NC State's policies about alcohol and/or other drugs would apply.
3. Describe, in as much detail as you are comfortable sharing, each of the decisions you made leading up to this incident. Be sure to include anything that motivated you to act, any assumptions you made along the way, and any rationalizations you may have used in making your decisions.

Howl for Help

4. Describe your knowledge of the Howl for Help protocol prior to this incident. What was your understanding of the qualifications and the potential outcomes? Who or what contributed to your knowledge of the protocol?
5. How have you used this experience to educate your peers about the Howl for Help program?
6. What feedback do you have about the Howl for Help program? Did you know about the protocol prior to this incident? If yes, how did you find out? If no, what would have been helpful to make sure you knew about the Howl For Help protocol?

History and Risk Factors

7. Describe your family's alcohol and/or other drug use and their attitudes towards alcohol and other drugs. What expectations, if any, did they set forth for you with regards to your use or misuse of alcohol and/or other drugs? Have you met those expectations? How has your family's attitude impacted your behaviors?
8. Describe the individual, social, psychological, and spiritual implications associated with being under the influence of alcohol and/or other drugs, including the impact on your behavior throughout this situation.
9. Describe how this situation has put your experiences at NC State at risk, whether academically, socially, financially, or otherwise.
10. Describe a difficult situation that you have either witnessed or experienced in which alcohol and/or other drugs have played a role either in the NC State community or in other areas of your life. Based on what you know or have learned, what concerns do these situations raise for you?
11. Describe the impact, if any, this situation had on each of the following: you, your friends, your family, police, staff, others present or not present, and the community as a whole.

Moving Forward

12. Describe your knowledge of the University's policies about alcohol and/or other drugs. Describe the principals or reasons behind these policies and how this incident may conflict with those principles.
13. Describe some of the common situations you will continue to face in your life as a student where you will need to consider University policy as it relates to alcohol and/or other drugs.
14. Describe the potential consequences for your personal safety, academic goals, career goals, and social relationships as it relates to engaging in use of alcohol and/or other drugs.
15. Will what you have learned from this experience impact how you approach similar situations in the future? Why or why not?
16. If you were in this situation again, what would you do?
17. Explain, in detail, how your decision making process has changed. If it hasn't changed, explain why not. Is there anything that may be helpful to contribute to you considering change?
18. Describe any factors (whether environmental, personal, or otherwise) that may negatively influence your decision making process. Describe, in detail, how you plan to overcome these difficulties.
19. What realistic advice, if any, would you give to other NC State students who find themselves in a similar situation? Knowing what you know now, what would you tell yourself as you were getting ready to join the NC State community.