

INFORMATION ALL STUDENTS SHOULD KNOW

DRUG-FREE SCHOOLS AND COMMUNITIES Information for Students Regarding Illicit Drugs and Alcohol Abuse

STANDARDS OF CONDUCT

Section 5.2 of Chapter VI of the Rules and Regulations of the Board of Regents, Texas State University System, provides for disciplinary action against any student who engages in conduct prohibited by law and for illegal use and for unauthorized use of intoxicating beverages, and illegal use of any drug, narcotic, or controlled substance.

Section 5.9 of Chapter VI of the regents; rules provides that a student who has been found guilty of the illegal possession, use, sale, or distribution of any drug, narcotic, or controlled substance, whether the infractions if found to have occurred on or off campus, shall be suspended for a period of not less than the remainder of the semester in which the infraction occurred plus the following long semester.

If the semester in which the infraction occurred has ended by the time a student is found guilty, the student shall be suspended for a period of not less than the following two long semesters.

The student conduct code prohibits the unlawful manufacture, distribution, dispensation, possession, or use of a controlled substance in all university workplaces.

HEALTH RISKS OF ALCOHOL AND OTHER DRUGS

Alcohol: Alcohol consumption causes a number of marked changes in behavior. Even low doses significantly impair the judgment and coordination required to drive a car safely. Low to moderate doses of alcohol also increase the incidence of a variety of aggressive acts. Moderate to high doses of alcohol cause marked impairments in higher mental functions, severely altering a person's ability to learn and remember information. Very high doses cause respiratory depression and death. If combined with other depressants of the central nervous system, much lower doses of alcohol can lead to dependence. Sudden cessation of alcohol intake is likely to produce withdrawal symptoms, including severe anxiety, tremors, hallucinations, and convulsions. Alcohol withdrawal can be life threatening. Long-term consumption of large quantities of alcohol can also lead to permanent damage to vital organs such as the brain and the liver. Females who drink alcohol during pregnancy may give birth to infants with fetal alcohol syndrome. These infants have irreversible physical abnormalities and mental retardation. In addition, research indicates that children of alcoholic parents are at greater risk than other youngsters of becoming alcoholics.

Tobacco (Nicotine): The smoking of tobacco products is the chief avoidable cause of death in our society. Smokers are more likely than nonsmokers to contract heart disease. Some 30 percent of cancer deaths (130,000 per year) are linked to smoking. Chronic obstructive lung diseases such as emphysema and chronic bronchitis are 10 times more likely to occur among smokers than among nonsmokers. Smoking during pregnancy poses serious risks such as spontaneous abortion, preterm birth, low birth weights, and fetal and infant deaths. Perhaps the most dangerous substance in tobacco smoke is nicotine. Because nicotine is highly addictive, addicts find it very difficult to stop smoking. Of 1,000 typical smokers, fewer than 20% succeed in stopping on the first try.

Designer Drugs: Illegal drugs are defined in terms of their chemical formulas. To circumvent these legal restrictions, underground chemists modify the molecular structure of certain illegal drugs to produce analogs known as designer drugs. These drugs can be several hundred times stronger than the drugs they are designed to imitate. Many of the so-called designer drugs are related to amphetamines (MDMA, X). Bootleg manufacture creates overdose and contamination risks. These substances can produce severe neurochemical damage to the brain. The narcotic analogs (fentanyl, china white) can cause symptoms such as those seen in Parkinson's disease: uncontrollable tremors, drooling, impaired speech, paralysis and irreversible brain damage. Analogs of amphetamines and methamphetamines cause nausea, blurred vision, chills or sweating, and faintness. Psychological effects include anxiety, depression, and paranoia. As little as 1 dose can cause brain damage. The analogs of phencyclidine cause illusions, hallucinations and impaired perception.

Cocaine: Cocaine stimulates the central nervous system. The use of cocaine can cause death by cardiac arrest or respiratory failure. Its immediate effects include dilated pupils and elevated blood pressure, heart rate, respiratory rate and body temperature. Occasional use can cause a stuffy or runny nose, while chronic use can ulcerate the mucous membrane of the nose. Injecting cocaine with contaminated equipment can increase the risk of MDS, hepatitis and other diseases. Cocaine can produce psychological and physical dependence, a feeling that the user cannot function without the drug. In addition, tolerance develops rapidly. Crack or freebase rock is extremely addictive, and its effects are felt within 10 seconds. The physical effects include dilated pupils, increased pulse rate, elevated blood pressure, insomnia, loss of appetite, tactile hallucinations, paranoia and seizures.

Other Stimulants: Stimulants can cause increased heart and respiratory rates, elevated blood pressure, dilated pupils, and decreased appetite. In addition, users may experience sweating, headache, blurred vision, dizziness, sleeplessness, and anxiety. Extremely high doses can cause a rapid or irregular heartbeat, tremors, loss of coordination, and even physical collapse. An amphetamine injection creates a sudden increase in blood pressure than can result in stroke, very high fever or heart failure. In addition to the physical effects, users report feeling restless, anxious, and moody. Higher doses intensify the effects. Persons who use large amounts of amphetamines over a long period of time can develop an amphetamine psychosis that includes hallucinations, delusions, and paranoia.

Marijuana (Cannabis): All forms of cannabis have negative physical and mental effects. Use of cannabis may impair or reduce short-term memory and comprehension, alter sense of time and reduce ability to perform tasks requiring concentration and coordination, such as driving a car. Research also shows that students do not retain knowledge when they are "high." Motivation and cognition may be altered, making the acquisition of new information difficult. Marijuana can also produce paranoia and psychosis. Because users often inhale the unfiltered smoke deeply and then hold it in their lungs as long as possible, marijuana is damaging to the lungs and pulmonary system. Marijuana smoke contains more cancer-causing agents than tobacco smoke. Long-term users of cannabis may develop psychological dependence and require more of the drug to get the same effect. The drug can become the center of their lives.

Anabolic Steroids: Anabolic steroids are a group of powerful compounds closely related to the male sex hormone testosterone. Steroid users subject themselves to more than 70 side effects ranging in severity from liver cancer to acne and including psychological as well as physical reactions. The liver and the cardiovascular and reproductive systems are most seriously affected by steroid use. In males, use can cause withered testicles, sterility, and impotence. In females, irreversible masculine traits can develop along with breast reduction and sterility. Psychological effects include very aggressive behavior known as "roid rage" and depression. While some side effects appear quickly, others, such as heart attacks and strokes, may not show up for years.

Hallucinogens: Lysergic acid (LSD), mescaline, and psilocybin cause illusions and hallucinations. The physical effects may include dilated pupils, elevated body temperature, increased heart rate and blood pressure, loss of appetite, sleeplessness, and tremors. Sensations and feelings may change rapidly. It is common to have bad psychological reactions to LSD, mescaline, and psilocybin. The user may experience panic, confusion, suspicion, anxiety, and loss of control. Delayed effects or flashbacks can occur even after use has ceased. Users of PCP report persistent memory problems and speech difficulties. Some of these effects may last 6 months to a year following prolonged daily use. Mood disorders (depression, anxiety, and violent behavior) also occur. In later stages of chronic use, users often exhibit paranoid and violent behavior. Large doses may produce convulsions and coma, as well as heart and lung failure.

Depressants: The effects of depressants are in many ways similar to the effects of alcohol. Small amounts can produce calmness and relaxed muscles, but somewhat larger doses can cause slurred speech, staggering gait, and altered perception. Large doses can cause respiratory depression, coma, and death. The combination of depressants and alcohol can multiply the effects of the drugs, thereby multiplying the risks. The use of depressants can cause both physical and psychological dependence. Regular use over time may result in a tolerance to the drug, leading the user to increase the quantity consumed. When regular users suddenly stop taking large doses, they may develop withdrawal symptoms ranging from restlessness, insomnia, and anxiety to convulsions and death.

Narcotics: Narcotics initially produce a feeling of euphoria that often is followed by drowsiness, nausea, and vomiting. Users also may experience constricted pupils, watery eyes, and itching. An overdose may produce slow and shallow breathing, clammy skin, convulsions, coma, and possible death. Tolerance to narcotics develops rapidly and dependence is likely. The use of contaminated syringes may increase the risk of such diseases as AIDS, endocarditis, and hepatitis. Addiction in pregnant women can lead to premature, stillborn, or addicted infants who experience severe withdrawal symptoms.

Inhalants: The immediate negative effects of inhalants include nausea, sneezing, coughing, nosebleeds, fatigue, lack of coordination, and loss of appetite. Solvents and aerosol sprays also decrease the heart and respiratory rates and impair judgment. Amyl and butyl nitrite cause rapid pulse, headaches, and involuntary passing of urine and feces. Long-term use may result in hepatitis or brain damage. Deeply inhaling the vapors, or using large amounts over a short time, may result in disorientation, violent behavior, unconsciousness, or death. High concentrations of inhalants can cause suffocation by displacing the oxygen in the lungs or by depressing the central nervous system to the point that breathing stops. Long-term use can cause weight loss, fatigue, electrolyte imbalance, and muscle fatigue. Repeated sniffing of concentrated vapors over time can permanently damage the nervous system.

LAMAR UNIVERSITY PENALTIES

Students: The University will impose a minimum disciplinary penalty of suspension for a period of time specified in the regents rules and the Student Conduct Code, for conduct related to the use, possession, or distribution of drugs prohibited by state, federal, or local law. Other penalties that may be imposed for conduct related to the unlawful use, possession, or distribution of drugs or alcohol include disciplinary probation, payment for damage to or misappropriation of property, suspension of rights and privileges, suspension for a specified period of time, expulsion, or such other penalty as may be deemed appropriate under the circumstances.

Employees: The unlawful use, possession, or distribution of drugs or alcohol will result in a disciplinary penalty of warning or reprimand, suspension, reduction in pay, demotion, or discharge depending upon the circumstances.

COUNSELING/TREATMENT

Employees experiencing a problem with alcohol or other drugs may seek counseling/referrals through the Employee Assistance Plan. Information is available in the Human Resource office. Students experiencing a drug or alcohol problem who are currently enrolled at Lamar University may seek confidential counseling/referrals through the Student Health Center.

PENALTIES UNDER STATE AND FEDERAL LAWS/PENALTIES UNDER TEXAS LAW

Offense - Minimum/Maximum Punishment:

Manufacture or delivery of controlled substances (drugs) - Min: Confinement in the Texas Department of Corrections (TDC) for a term of not more than 10 years or less than 2 years, or confinement in a community correctional facility for not more than 1 year, and a fine not to exceed \$10,000. **Max:** Confinement in TDC for life or for a term of not more than 99 years or less than 20 years, and a fine not to exceed \$500,000.

Possession of controlled substances (drugs) - Min: Confinement in jail for a term of not more than 180 days, and a fine not to exceed \$1,000. **Max:** Confinement in TDC for life or for a term of not more than 99 years or less than 10 years, and a fine not to exceed \$100,000.

Delivery of Marijuana - Min: Confinement in Jail for a term of not more than 180 days, and a fine not to exceed \$1,000. **Max:** Confinement in TDC for life or for a term of not more than 99 years or less than 15 years, and a fine not to exceed \$250,000.

Possession of Marijuana - Min: Confinement in jail for a term of not more than 180 days, and a fine not to exceed \$1,000. **Max:** Confinement in TDC for life or for a term of not more than 99 years or less than 15 years and a fine not to exceed \$250,000.

Falsification of drug test results - Max: 180 days in jail and/or \$1,500 fine.

Supplying materials for falsification of drug test results - Max: 1 year in jail and/or \$3,000 fine.

Conviction of a felony violation of the controlled substance act - Max: Suspension of driver's license.

Conviction of a violation of the controlled substance act by a person under 21 years of age - Max: Suspension of driver's license.

PENALTIES UNDER FEDERAL LAW

Manufacture, distribution, or dispensing drugs (includes marijuana) - Min: A term of imprisonment not more than one year, and a minimum fine of \$1,000. **Max:** A term of life imprisonment without release (no eligibility for parole) and a fine not to exceed \$8,000,000 (for an individual) or \$20,000,000 (if other than an individual).

Possession of drugs (including marijuana) - Min: Civil penalty in amount not to exceed \$10,000. **Max:** Imprisonment for not more than 20 years or not less than 5 years, a fine of not less than \$5,000 plus cost of investigation and prosecution.

Operation of a Common Carrier under the influence of alcohol or drugs - Max: Imprisonment for up to 15 years and a fine not to exceed \$250,000.

INFORMATION ALL STUDENTS SHOULD KNOW

EDUCATIONAL RECORDS AND STUDENT RIGHTS

The following information concerning student records maintained by Lamar University is published in compliance with the Family Educational Rights and Privacy Act of 1974 (FERPA) as amended (PL93-380).

Access to educational records directly related to a student will be granted to him or her unless the type of record is exempt from the provision of the law.

The types, locations and names of custodians of educational records maintained by the University are available from the Registrar.

Access to records by persons other than the student will be limited to those persons and agencies specified in the statute. Records will be maintained of persons granted such access and the legitimate interest in each case.

The release of information to the public without the consent of the student will be limited to the categories of information which have been designated by the University as directory information. The student may request this information be withheld from the public by making written request to the Records Office. Directory information includes name, all addresses (including e-mail addresses, all telephone numbers, major field of study, academic classification, participation in officially recognized activities and sports, weight and height of members of athletic teams, dates of attendance, enrollment status, degrees and awards received, last educational agency or institution attended, photographs, and class rosters.

A student has the right to challenge records and information directly related to him or her if it is considered to be inaccurate, misleading or otherwise inappropriate. Issues may be resolved either through an informal hearing with the official immediately responsible or by requesting a formal hearing. The procedure to be followed in a formal hearing is available in the Records Office.

Prior consent is not required from a student to disclose information to the Comptroller General of the United States, the Attorney General of the United States, the Secretary of State and State and local educational authorities.

A reasonable attempt will be made by Lamar University to notify a student of a records request to comply with a judicial order or a lawfully issued subpoena.

The right of parental access to student records may be established by either of two methods: first, by the student filing a written consent statement or second, by the parent validating the student's dependence as defined by the Internal Revenue Service.

A student has the right to file a complaint with the Family Policy Compliance Office concerning alleged failures by Lamar University to comply with the requirements of FERPA.

Lamar University may release personally identifiable information to school officials. School officials include faculty, staff, or student workers who have a legitimate educational interest in gaining access to a student's education record. Contracted individuals who are not employees of the Institution, but who provide a service that the institution normally would perform itself, may also be classified as school officials.

FERPA ANNUAL NOTICE ADDENDUM

As of January 3, 2012, the U.S. Department of Education's FERPA regulations expand the circumstances under which your education records and personally identifiable information (PII) contained in such records — including your Social Security Number, grades, or other private information — may be accessed without your consent. First, the U.S. Comptroller General, the U.S. Attorney General, the U.S. Secretary of Education, or state and local education authorities ("Federal and State Authorities") may allow access to your records and PII without your consent to any third party designated by a Federal or State Authority or evaluate a federal- or state-supported education program. The evaluation may relate to any program that is "principally engaged in the provision of education," such as early childhood education and job training, as well as any program that is administered by an education agency or institution. Second, Federal and State Authorities may allow access to your education records and PII without your consent to researchers performing certain types of studies, in certain cases even when we object to or do not request such research. Federal and State Authorities must obtain certain use-restriction and data security promises from the entities that they authorize to receive your PII, but the Authorities need not maintain direct control over such entities. In addition, in connection with Statewide Longitudinal Data Systems, State Authorities may collect, compile, permanently retain, and share without your consent PII from your education records, and they may track your participation in education and other programs by linking such PII to other personal information about you that they obtain from other Federal or State data sources, including workforce development, unemployment insurance, child welfare, juvenile justice, military service, and migrant student records systems.

IMPORTANT INFORMATION ON IMMUNIZATION TO ALL APPLICANTS OF LAMAR UNIVERSITY

MEASLES

(aka. Rubeola, Red Measles, Hard Measles, 10-day Measles)
Measles is a highly contagious viral disease for which antibiotics are not effective. It has been responsible for many hospitalizations and several deaths among the college-aged population. The measles vaccine is usually given in combination with vaccines for mumps and rubella (MMR). It is strongly recommended that students of Institutions of Higher Education receive two doses of the vaccine prior to beginning classes. Many young adults have received only one dose.

TETANUS (aka. Lockjaw)

The illness caused by tetanus results from the poison produced by a bacteria. Again, this is a very difficult illness to treat once it occurs and prevention is the most appropriate choice. The vaccine is effective for about 10 years and needs to be boosted at that interval. It is now common for older adults to develop Tetanus in the United States as many adults do not receive the recommended 10 year boosters. The Tetanus vaccine should be given in combination with the diphtheria vaccine.

POLIOMYELITIS

In the United States, polio immunization is not routinely recommended for persons 18 years of age or older. However, if travel to other parts of the world is planned, a physician should be contacted for specific recommendations.

Immunization is an integral part of your health care. This part is called PREVENTION. It means that you must do something before you become ill to stay healthy! Don't be part of the PROBLEM, be part of the SOLUTION. Make sure that your immunizations are current NOW!

For more information on immunizations, contact your physician, public health clinic, or:

Lamar University Health Center
P. O. Box 10015
Beaumont, TX 77710
Phone: 409-880-8466

Health students must contact their advisor for specific information.

BACTERIAL MENINGITIS VACCINATION REQUIREMENT

Texas Senate Bill 62 requires that all new students under age 22 who attend on-campus classes at an institution of higher learning either receive a vaccination against bacterial meningitis or meet certain criteria for declining such a vaccination before the first day of the semester. The requirement also applies to returning students under age 22 who were not enrolled in the previous long semester. Please go to <http://beacardinal.lamar.edu/bacterial-meningitis> for more information.

MANDATORY NOTICE ON HAZING

HAZING

The University reserves the right to take disciplinary action against individual students and/or groups who are involved in hazing activities. Such disciplinary action may be taken independent of state and local prosecutorial actions regardless of the outcome of such prosecutorial actions. Hazing on the part of students, faculty or staff is strictly forbidden, whether on or off campus. The state law providing penal sanctions in the event of a conviction of hazing is set forth in sections 4.51-4.58, Texas Education Code. Full policy is available in the student affairs office in 115 Wimberly Building.

Member of The Texas State University System

Lamar University is an equal opportunity/affirmative action educational institution and employer. Students, faculty, and staff members are selected without regard to their race, color, creed, sex, age, handicap or national origin, consistent with the Assurance of Compliance with Title VI of the Civil Rights Act of 1964; Executive Order 11246 as issued and amended; Title IX of the Education Amendments of 1972, as amended; Section 504 of the Rehabilitation Act of 1973.