

Sanction Examples:

1. **Mission Statement:** Who are you? What do you stand for? Why are you on this earth? This exercise is intended to provoke thought regarding your life's purpose. It might help to envision yourself at your own funeral. If your closest friend and your closest family member were to stand up and say what kind of woman you were, what would you *want* them to say? Craft these thoughts into a personal mission statement that will ideally give you direction and motivation as you make decisions in the future. **This paper should be one page typed (12pt. size, double-spaced, 1-inch margins, and Times New Roman font).** This reflection should be completed by **Monday, September 27, 2004 by 5:00 p.m.** Please turn your reflection in to the Residence Life office and specify that it needs to be given to Katie Lowitzki.

2. **Research Project/Meetings/Reflection:** For this project, you will be required to meet with at least two Student Life professionals and discuss the meaning behind APU policies and standards; you are free to talk with any full-time professional Student Life staff for these meetings. I would challenge you to go to these meetings with questions prepared. During your meetings, you may want to ask the following: Why does APU have policies in place regarding visitation? What does self leadership mean? What does an appropriate male/female relationship look like within the standards APU sets forth? Etc. In order to complete this project, **please set up your meetings with Student Life staff and submit in writing to me who you have chosen to meet with no later than Monday, November 15, 2004. These meetings must be completed no later than Monday, November 22, 2004. After you meet with the Student Life professionals, you will be required to write a 3-page reflection paper (Times New Roman, 12 point font, double spaced, 1 inch margins) regarding your learning. This paper should be completed as soon as possible, but no later than Wednesday, November 24, 2004 by 5 p.m. Once completed, please turn your paper into the Residence Life office and request that it be given to Katie Lowitzki.**

3. **Meeting with Resident Advisor:** Please meet with Shelly Edmonson, your Resident Advisor, and talk with her about what it is like to be a Resident Advisor, especially in terms of confrontation. I would also ask you to use this meeting as a time to get to know Shelly on a more personal level. I know that she wants to support you and encourage you in the best ways possible. This meeting should take place as soon as possible, but no later than **Friday, November 19, 2004.** I will talk with Shelly on or after November 19, 2004 to verify that you initiated and completed a meeting with her.

4. **Meet with Resident Advisor/Reflection:** You will be required to meet with Anil and talk with him about his role as an RA, friend, mentor, etc. Ask him questions allowing him to express what it is like to have to confront people regarding the decisions they make. Talk with him about the value of accountability. **I would also challenge you to talk with Anil about why you make certain decisions; what are the good and bad components in decisions that you have made.** The meeting with Anil needs to take place no later than November 26, 2003. After you meet with Anil, **please write a 1-2 page typed reflection paper (12pt. size, double-spaced, 1-inch margins, and Times New Roman font).** In the paper, please discuss what you learned in your conversation with Anil and what can be expected of you in the future regarding the decisions you will make. This reflection should be completed by **Monday, December 1, 2003 at 5:00 p.m.** Please turn your reflection in to the Residence Life office and specify that it needs to be given to Katie Lowitzki.

5. **Find a Mentor:** You will be required to meet with a mentor on a weekly basis throughout the remainder of the fall 2003 semester. **I will plan on meeting with you on Thursday, October 16, 2003 at 2:00 p.m. in the Engstrom Hall RA office to discuss who will be your mentor.** As preparation for this meeting, I ask that you bring 3 possibilities of people to mentor you. I will also bring 3 possibilities for mentors. The woman chosen to be your mentor must be affiliated with APU and must be willing and able to meet with you weekly. When you and I meet, we will discuss the possibilities and make the best overall decision. The meetings with your mentor need to start the week following our conversation, October 20-24, 2003.

6. **Find a mentor:** In order to help you work through boundary issues and learn how to say no in various situations, I would like you to find a mentor who you can talk with about your adjustment to APU. I also think a mentor can offer advice about the American culture. Ideally, I would challenge you to find a mentor from the International Student Services office. Your mentor must be a faculty or staff member. **Please find a mentor and submit his name in writing to me no later than Monday, October 25, 2004 by 5:00 p.m. You must meet with your mentor at least four times during the remainder of the Fall semester.** If you need help finding a mentor, please feel free to contact me at 626-815-6146 #3 or by e-mail at klowitzki@apu.edu.

7. **Reflection on meetings with your mentor:** My hope is that your meetings with a mentor will help in your adjustment to life at APU. I also want you to be able to talk openly with your mentor about how to set appropriate boundaries. **After you have finished meeting with your mentor for the semester, please write a 2-3 page reflection (times new roman, double spaced, one inch margins) paper regarding your experience and what you have learned. This paper should be completed no later than December 15, 2004 by 5 p.m.** Once completed, please turn your reflection paper into the Residence Life office and request that it be given to Katie Lowitzki.

8. **Alcohol.Edu Program:** You are required to take all chapters and must pass all tests at the end of each chapter which is provided by a course through Alcohol.Edu. **You must complete this course by October 15, 2004 and meet with me to discuss your experience on October 18, 2004 at 4:30 p.m. in the Engstrom RA Office.** If you cannot meet at this time, you must contact me at ext. 6146, voicemail box #3 at least 24 hours prior to this meeting to reschedule. If you call to reschedule, please be prepared to provide alternate meeting times.

9. **Fee for Alcohol.Edu program:** You must pay \$30 for your course fee by October 8, 2004. Please make the check out to APU and submit it to the Office of Residence life prior to starting the course.

10. **Reflection/Bible Study on Responsibility:** Please take some time to reflect on your actions/violations of policy. Once you have thought about your actions, please reflect on what your actions communicate regarding the level of responsibility you have shown. As part of this exercise, I want you to create a Bible study about “responsibility” and how your actions communicate what you deem as important. After doing this, I want you to write a 2 page (Times New Roman, double spaced, 1 inch margins) reflection paper; please include the passages (Bible study information) you looked at in scripture regarding responsibility and actions. Please complete this Bible study and reflection as soon as possible, but no later than March 19, 2004 by 4:30 p.m. Once you have completed this reflection, please turn it into the Residence Life office and request that it be given to Katie Lowitzki, Residence Director.

11. Parental Notification: You must call at least one of your parents and explain to them the situation that occurred. After talking with your parents, you must ask one of them to contact me at 626-815-6146 #3 to let me know that you talked with them. At that time, I will answer any questions that they may have regarding the situation. Please have your parents call me no later than October 8, 2004.

12. Housing Probation: You will be placed on housing probation for the 2004/2005 academic year. Please understand that any further incidents of this nature may result in more serious disciplinary responses and the possible loss of housing privileges.