

Jennifer Salton

Literature Review:

## Creating a Safe Space in Colleges

### Gender Identity within College Students

For many people, the terms “gender” and “sex” are used interchangeably, and thus incorrectly. This idea has become so common, particularly in western societies, that it is rarely questioned. We are born, assigned a sex, and sent out into the world. For many people, this is cause for little, if any dissonance. Yet biological sex and gender are different; gender is not inherently nor solely connected to one’s physical anatomy. It is amazing that we are now in a society that encourages people to be who they are especially in college. In college, people don’t have to be afraid to show who they are and colleges are taking this into consideration in regards to certain processes. The article “Gender-identity options added to college applications” supports this as it mentions that beginning in the 2016/2017 academic year, both the Universal College Application and the Common Application changed the question of an individual’s sex on its standardized form to “legal sex” as well as adding an optional field for an applicant to note their gender identity.

### Sexual Orientation within College Students

Sexual orientation is the term used to describe what gender(s) someone is sexually and/or romantically attracted to. We live in a time where people are more than accepting of who people love, knowing that it isn’t a choice. Colleges support this by having multiple groups of LGBT communities on various campuses. However, there is always going to be people who can’t see past it. Homophobia and biphobia (fear and hatred of lesbian, gay, and bisexual people) are very harmful. The article “Double Dorm Standards” talks upon this as it mentions that colleges nationwide are establishing separate dorms for gays, not only as a haven from homophobic sophomores, but also to guard against emotional troubles gay students face in mixed living quarters.

### Religion within College Students

Everyone has their own beliefs and this is shown through their religion. There are countless religions throughout the world. Many colleges these days have students from many different countries and thus different religions. Colleges allow students to freely practice their religion by offering religious accommodations. At the University at Buffalo for example, these include: time away from the classroom or workplace to pray, or for religious holidays, alternative times for examinations or work shifts, permitting religious expression that does not interfere with the classroom or work environment, and ensuring that rules and policies

regarding dress and grooming requirements allow reasonable religious-based exceptions. Other universities take pride in this as well. The article "Religion on Campus", presents the author's comments on the role of religion in American higher education. The religious differences, like the political ones, affect all of American higher education but especially the non-Catholic Christian and Catholic colleges and universities. Colleges with a distinct religious identity are flourishing these days. Structures, limits, and clearly articulated values provide a behavioral exoskeleton for many students who would flounder in a more permissive environment.

## Race and College

At the University at Buffalo, more than half of the students that come from the United States are Caucasian at 56.9%. Second are Asian students at 16.9%, third are African-American students at 8.8%, fourth are Hispanic at 7.6%, and so on. As much as some parts of the country like to say that segregation is a thing of the past, there are still instances where that is not the case due to the overwhelming numbers. Some cases, it comes even from the minority students themselves. The article "A space of their own: ethnic-themed dorms offer a supportive environment for minorities, but critics say they stunt personal growth by promoting self-segregation" states on this as a student at Cornell University didn't want to risk being the only African-American student in a hall or floor because he grew up in Black neighborhoods.

## Keeping up with College Students Health and Wellness

### Nutrition for College Students

In order for students to get to maintain a healthy lifestyle, they need to keep up a strong nutrition. Between full-service dining hall meals, the campus sundae bar, late-night food delivery, and cheap ramen, it's easy to see how college students lose control of their diets and gain the infamous Freshmen 15. While it is important for the student to make their own choices, it is also equally important for college dining halls to offer healthy nutritious food to encourage and inspire students to eat right. The article "Food Environments in University Dorms" conducted a detailed, observational assessment of food and beverages available in college-student dormitory rooms. The findings indicated that students maintain a wide array of food and beverages in their dormitory rooms. The foods observed in college students' living spaces may have an important impact on eating habits. Overall, young adult-oriented obesity prevention efforts are needed, and improving the various facets of campus food environments may mark an important component of such strategies.

### Exercise for College Students

Almost a third of college students are obese, placing them at risk for adult obesity and its complications. Internet use may be one factor contributing to college student obesity. Another is the food students eat on a daily basis. However, having a constant exercise program would help students not only maintain their weight, but also keep them fit and in shape. The

article "Leisure, lifestyle, and health-related physical fitness for college students" explored whether or not differences in health-related physical fitness exist among people with different leisure lifestyles. The results indicated that college students who routinely engage in exercise tend to have physical fitness superior to those who do not exercise on a regular basis and thus have healthier lives.

### Allergies that Affect College Students

Students at colleges aren't the things that need to be considered healthy. The residence hall that they live in for a year needs to be just as healthy, even more so to assure that students don't get sick. This deals with dampness, mold, ventilation, or even the crowdedness within a dorm room. The article "Ventilation and dampness in dorms and their associations with allergy among college students in China: a case-control study" conducted to study the associations between dorm environment and occupants' health, a nested case-control study on 348 college students was carried out in 2006-2007 at Tianjin University, China. Measured variables in the experiment were ventilation rate, air temperature, and relative humidity indoors. It was concluded that ventilation rate is an effect modifier for moisture problems and indoor pollutants.

### Toxicity caused by College Students

Toxicity is defined to the degree to which a substance (a toxin or poison) can harm humans or animals. Acute toxicity involves harmful effects in an organism through a single or short-term exposure. Since students are at college, they have the freedom to do whatever they want to themselves. However, some of this is more harm than good. Some of the harm college students can cause to themselves involves drinking. Harmful and underage college drinking are significant public health problems, and they exact an enormous toll on the intellectual and social lives of students on campuses across the United States. The article "Drunkorexia: calorie restriction prior to alcohol consumption among college freshman" studied examined caloric restriction among students prior to planned alcohol consumption. The results suggested a need for modifications to existing alcohol education and prevention programs to include important health information. Just because they can, doesn't mean they should.

### Creating a Work-life balance among College Students

#### Productivity within College Students

A common perception both among and of college students is that they are always short on money. While this may be true, many college students are also always running short on something else: time. With so much going on at a college campus, it's no wonder that students can feel—and actually be—overcommitted when it comes to classes, work, and co-curricular involvement. By managing time well in college, it allows student to be productive with their work and causes less stress within their lives. However, new media provide college students

with an unprecedented number of ways to spend their unstructured time as demonstrated in the article "Left to Their Own Devices: College Students' "Guilty Pleasure" Media Use and Time Management." A survey of college students was administered and suggested that users are aware of overuse of leisure media because of deficits in self-control, in particular two proximate media experience (social networking sites [SNS] and online video). Of these, only online video viewing was associated with less time spent on schoolwork. Though this study is correlational and thus does not definitively establish causality, the evidence suggests that the interaction between the high-choice media environment and users' self-control may account for a decline in learning among college students.

### Leisure time for College Students

It's an unrealistic expectation to think that students can study, go to class, and work all day, every day. Students' brains need a break, too. They should make sure to allow themselves time to go to something fun in the quad, attend a meeting for their favorite club, and just hang out for an hour or so at night with friends over dinner. Doing things that make personal time more enjoyable—and not totally focused on school—can actually improve productivity when working on projects later and decrease levels of stress. The article "College Students' Academic Stress and Its Relation to their Anxiety, Time Management, and Leisure Satisfaction" talks on this it investigated the interrelationship among academic stress, anxiety, time management, and leisure satisfaction among 249 university undergraduates by age and gender. It was concluded that anxiety, time management, and leisure satisfaction were all predictors of academic stress in this multivariate analysis. Anxiety reduction and time management in conjunction with leisure activities may be an effective strategy for reducing academic stress in college students.

### College Living-Learning Programs

Living learning communities are dormitories where the residents are selected typically based on majors or interests. If a student chooses to join one, they'll be surrounded by peers that are similar to them in at least one way. These can help people make friends as these students would have classes in common, especially if they are chosen by major. Additionally, these communities can help freshmen through their first year with any questions that they would have. The study that was conducted in "Differences in Student Outcomes by Types of Living—Learning Programs: The Development of an Empirical Typology" involved the development of the first empirical typology living-learning programs and its use in the assessment of students' learning outcomes. It revealed that students in the large academic affairs/student affairs collaborations and small residential life-based living-learning program types exhibited stronger self-reported learning outcomes than those in the medium combination programs.

## References:

### Annotated Bibliography:

1. Bozick, Robert. "Making It through the First Year of College: The Role of Students' Economic Resources, Employment, and Living Arrangements." *Sociology of Education*, vol. 80, no. 3, 2007, pp. 261–284. Web.
2. Bradley, Gerard V. "Religion at a public university." *William and Mary Law Review* May 2008: 2217+. *LegalTrac*. Web.
3. Britton, Bruce K., and Abraham Tesser. "Effects Of Time-Management Practices On College Grades." *Journal Of Educational Psychology* 83.3 (1991): 405-410. *PsycARTICLES*. Web.
4. Burke, Sloane C., et al. "Drunkorexia: calorie restriction prior to alcohol consumption among college freshman." *Journal of Alcohol & Drug Education* 54.2 (2010): 17+. *General OneFile*. Web
5. Burleson, Douglas A. "Sexual Orientation and College Choice: Considering Campus Climate." *About Campus* 14.6 (2010): 9-14. Web.
6. Carpenter, Christopher S. "Sexual Orientation and Outcomes in College." *Economics of Education Review* 28.6 (2009): 693-703. Web.
7. Cason, Katherine L., and Tionni R. Wenrich. "Health and Nutrition Beliefs, Attitudes, and Practices of Undergraduate College Students." *Topics in Clinical Nutrition* 17.3 (2002): 52-70. Web.
8. Cheng, Jen-Son, et al. "Leisure, lifestyle, and health-related physical fitness for college students." *Social Behavior and Personality: An International Journal* 39.3 (2011): 321+. *Health Reference Center Academic*. Web.
9. Edwards, Keith E., and Susan R. Jones. "'Putting My Man Face On': A Grounded Theory of College Men's Gender Identity Development." *Journal of College Student Development* 50.2 (2009): 210-28. Web.
10. Gannon, Kathryn E., Tara Becker, and Megan A. Moreno. "Religion and Sex Among College Freshmen A Longitudinal Study Using Facebook." *Journal of Adolescent Research* 28.5 (2013): 535-56. Web.
11. Hammond, Gretchen Rachel. "Gender-identity options added to college applications." *Windy City Times*, 4 May 2016, p. 12. *Infotrac Newsstand*. Web.
12. Inkelas, Karen Kurotsuchi et al. "Differences in Student Outcomes by Types of Living—Learning Programs: The Development of an Empirical Typology." *Research in Higher Education*, vol. 49, no. 6, 2008, pp. 495–512.

13. Johnson, Lee Michael, Todd L. Matthews, and Sarah L. Napper. "Sexual Orientation and Sexual Assault Victimization among US College Students." *The Social Science Journal* 53.2 (2016): 174-83. Web.
14. Key, Barclay. "Harding College's Long Struggle With Race." *The Journal of Blacks in Higher Education*, no. 66, 2009, pp. 76–84. Web.
15. Kicklighter, Jana Regina, et al. "College Freshmen Perceptions Of Effective And Ineffective Aspects Of Nutrition Education." *Journal Of American College Health* 59.2 (2010): 98-104. *SPORTDiscus with Full Text*. Web.
16. Lanthier-Veilleux, Mathieu, Melissa Genreux, and Genevieve Baron. "Prevalence of Residential Dampness and Mold Exposure in a University Student Population." *International Journal of Environmental Research and Public Health IJERPH* 13.2 (2016): 194. Web.
17. Lum, Lydia. "A space of their own: ethnic-themed dorms offer a supportive environment for minorities, but critics say they stunt personal growth by promoting self-segregation." *Diverse Issues in Higher Education* 11 Dec. 2008: 11+. *Academic OneFile*. Web.
18. Mehta, Clare M., Mahzad Hojjat, Kelly R. Smith, and Brian J. Ayotte. "Associations Between Gender Segregation and Gender Identity in College Students." *Sex Roles* (2016): n. pag. Web.
19. Menashi, Steven. "DOUBLE DORM STANDARDS." *The American Enterprise*, vol. 11, no. 7, 2000, p. 16. *General OneFile*. Web.
20. Miller, Margaret A. "RELIGION ON CAMPUS." *Change* Mar. 2006: 6+. *Academic Search Complete*. Web.
21. Misra, Ranjita, and Michelle McKean. "COLLEGE STUDENTS' ACADEMIC STRESS AND ITS RELATION TO THEIR ANXIETY, TIME MANAGEMENT, AND LEISURE SATISFACTION." *American Journal of Health Studies* Winter 2000: 41. *Health Reference Center Academic*. Web.
22. Moreno, Megan A., Lauren A. Jelenchick, Rosalind Koff, Jens C. Eickhoff, Natalie Goniou, Angela Davis, Henry N. Young, Elizabeth D. Cox, and Dimitri A. Christakis. "Associations between Internet Use and Fitness among College Students: An Experience Sampling Approach." *J Interact Sci Journal of Interaction Science* 1.1 (2013): 4. Web.
23. Nelson, Melissa C., and Mary Story. "Food Environments in University Dorms." *American Journal of Preventive Medicine* 36.6 (2009): 523-26. Web.
24. Noah P. Mark, Daniel R. Harris, "Roommate's race and the racial composition of white college students' ego networks," *Social Science Research*, Volume 41, Issue 2, March 2012, Pages 331-342. Web.
25. Panek, E. "Left to Their Own Devices: College Students' "Guilty Pleasure" Media Use and Time Management." *Communication Research* 41.4 (2013): 561-77. Web.
26. Pope, Lizzy, and Jean Harvey. "The Impact Of Incentives On Intrinsic And Extrinsic Motives For Fitness-Center Attendance In College First-Year Students." *American Journal Of Health Promotion* 29.3 (2015): 192-199. *SPORTDiscus with Full Text*. Web.

27. Sara Baker, Adalbert Mayer, Steven L. Puller, "Do more diverse environments increase the diversity of subsequent interaction? Evidence from random dorm assignment." *Economics Letters*, Volume 110, Issue 2, February 2011, Pages 110-112. Web.
28. Sun, Y., Zhang, Y., Bao, L., Fan, Z. and Sundell, J. (2011), Ventilation and dampness in dorms and their associations with allergy among college students in China: a case-control study. *Indoor Air*, 21: 277-283. Web.
29. Yuexia, Sun, et al. "In China, Students In Crowded Dormitories With A Low Ventilation Rate Have More Common Colds: Evidence For Airborne Transmission." *Plos ONE* 6.11 (2011): 1-9. *Academic Search Complete*. Web.