You can take steps to deal with these groups:

- Reach out and get the opinion of someone you trust that is not a member of the groups, such as a parent, friend, professor, counselor, or member of the clergy.
- Find out about this group from The Office of Student Activities at The Ohio Union.
- Don’t be afraid to ask questions!
  Be skeptical! Don’t accept evasive answers.
- Don’t be afraid to take a stand.
- Learn to say “no.”
- Examine yourself, are you vulnerable?
- If you go to a meeting to check it out, be aware you may not get a clear picture at the first meeting.
- Call the phone number listed on the back of this brochure for help and information.

If you need information, help, or just a listening ear, contact The Office of Student Activities at the Ohio Union.

(614) 292 8763
www.ohiounion.com

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The Ohio State University
What is the difference between healthy groups and high-pressure groups?

Healthy student organizations tell you a lot about themselves, who they are, what they stand for, and what they expect from you. An open and responsible group will offer an easy entrance into and just as importantly an easy exit from their group. Within the healthy group one finds an appreciation of diversity, an openness to criticism and doubt, and affirmation of traditions. Healthy groups encourage the individual's comfort and growth and support the college experience. There are several organized and informal organizations that use high-pressure recruiting tactics. Listing names would not be effective, because names can change frequently. However, you can identify these groups by what they do.

How can I identify these groups?

1. They isolate you from your family, friends, and other groups.
2. They ask you to give up control of your life, thoughts, and decisions.
3. They fill you with guilt and shame.
4. They may promote crises with school, your career, or your love life.
5. They frighten you to the point that you stop making decisions and stop asking questions for yourself.

You are most vulnerable when...

You're making new friends. Many people here have different values. Many new things are happening to you. Trying to juggle changing responsibilities is a challenge. Several relationships are changing, both here and at home. You may feel like a little fish in a big pond. Competition is much keener now than before. You are searching for something significant. It's harder to get good grades. The pressure to make good grades is more intense. Your work load seems overwhelming.

Remember, these challenges can be worked through with proper perspective. There transitions may be difficult and could become a clear invitation to high pressure recruiters.