

Navarro College Biennial Review 2024-2026

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Introduction

The Drug-Free Schools and Communities Act and Drug and Alcohol Abuse Prevention Regulations require an institution of higher learning to adopt and implement an Alcohol and Other Drugs (AOD) prevention program for students and employees to prevent unlawful possession, use, or distribution of illicit drugs and alcohol. The following criteria must be met to comply with these regulations:

- Notify each employee and student annually, in writing, of standards of conduct, description of appropriate sanctions for violations of federal, state, and local law, and College policy, description of the health risks associated with alcohol and drug use and a description of available treatment programs and resources.
- Develop a sound method for distributing annual notifications to every student and staff member annually.
- Prepare a biennial report on the effectiveness of its AOD program(s) and the consistency of policy enforcement.

Drug and Alcohol Abuse Prevention Certification

Navarro College hereby certifies that it has adopted and implemented a Drug and Alcohol Abuse Prevention Program in compliance with the Drug-Free Schools and Communities Act Amendments of 1989 and the requirements of 34 CFR Part 86. The institution conducts a biennial review of its program to determine effectiveness, implement needed changes, and ensure consistent enforcement of disciplinary sanctions.

Review Process

The biennial review was prepared by Amber Denny, Student Services Coordinator, in collaboration with:

- Office of Student Development
- Navarro College Athletics
- Student Activities
- Residence Life
- Navarro College Department of Public Safety

Navarro College reviewed alcohol and other drug prevention activities, conduct data, educational programming, counseling interventions, and annual notification procedures for Academic Years 2023-2024 and 2024-2025. Based on this review, the College determined that the Drug and Alcohol Abuse Prevention Program remains effective in providing education, intervention, and referral services to students and employees. The College continues to provide multiple prevention opportunities throughout the academic year, maintain access to counseling services, and consistently enforce alcohol and drug-related policies.

While AOD-related conduct referrals remain a significant portion of student conduct cases, a decrease in drug-related referrals between the review periods suggests that prevention and intervention efforts may be having a positive impact. The College will continue to evaluate trends and implement improvements identified in this review.

Biennial review reports will be stored within the Office of Student Development as well as the Bulldog Mental Wellness Center (BMWC) in both hard copy and electronic formats. Reports may be requested in writing or in person at the BMWC. Reports will be retained for a minimum of three years.

Recommendations for Next Biennial Review

As Navarro College continues to provide comprehensive alcohol and other drug (AOD) prevention programs for students and employees, the College recognizes the importance of ongoing evaluation and improvement to strengthen the effectiveness of these efforts. Recommendations for continued improvement include, but are not limited to, the following:

- Periodically meeting with internal stakeholders to improve communication, evaluate current policies and practices, and strengthen collaboration in the implementation of AOD prevention efforts.
- Continually assess student participation in alcohol-free programs and events to evaluate their effectiveness in supporting AOD prevention and student wellness initiatives.

Annual Policy Notification Process

Distribution and Annual Notification to Students

Navarro College students are informed of Alcohol and Other Drugs (AOD) policies in various formats and during multiple occasions throughout the academic year. New and first year students are provided with Navarro College AOD information with their orientation materials. Also, the AOD policy is reviewed with resident students and Resident Advisors during mandatory residence hall meetings. Returning students have direct access to the full policy online.

Students will also receive a copy of the AOD policy and biennial review from the Vice President of Student Success at the beginning of each school year.

Distribution and Annual Notification to Employees

New employees, including adjunct and remote faculty, are informed of the College's Alcohol and Other Drug (AOD) policies during the onboarding process. Current employees receive an annual email notification from the Navarro College Human Resources Department as part of the College's annual training reminders. This notification includes the College's AOD policies, any policy updates, applicable legal and disciplinary information, and available treatment resources.

Employee Standards of Conduct

Navarro College is a drug and alcohol-free institution. Possession, sale and/or use of any type of illicit drugs, alcohol, or mood-enhancing substances by any person on any property owned, leased, or controlled by Navarro College is strictly forbidden. The Navarro College Department of Public Safety will enforce all federal, state, and local laws concerning alcohol, drug and mood-enhancing substance violations.

Employees are required to comply with Federal, State, County, and Municipal laws and regulations as well as the policies and procedures of the College. Conduct that interferes with operations, discredits the College, or violates professional or ethical standards will not be tolerated.

The following conduct is prohibited and any employee engaging in such conduct, attempting to engage in such conduct, or aiding another employee is subject to corrective action up to termination of employment:

Reporting to work under the influence of alcohol and/or illicit drugs or narcotics; using, selling, dispensing, or possessing alcohol and/or illicit drugs or narcotics on College premises, while conducting College business, or at any time which would interfere with the effective conduct of the employee's work for the College; using illicit drugs; or testing positive for illicit drugs.

Health Risks of Alcohol and Drug Use and Abuse

Alcohol Abuse

Alcohol effects vary from person to person. This depends on a variety of factors, including how much you drink, how often you drink, your age, health status, etc. Alcohol impairs brain functioning and motor skills. If use continues over time, it increases the risk of heart, liver and pancreas damage. There is also strong evidence of an association between alcohol drinking and several types of cancer. The [National Institute on Alcohol Abuse and Alcoholism](#) website provides additional information regarding health risks, along with information about mixing alcohol with certain medications.

Drug Abuse

Drugs may come with commercial names, common forms, common routes of use and street names. A list of commonly used drugs and thorough information about the drugs can be found on the [National Institute on Drug Abuse](#) website.

All of these drugs have possible short-term, long-term and other health-related effects. The following is a list of commonly used drugs and the risks associated with their use:

- **Marijuana** (Cannabis, Hashish) - Known risks include enhanced sensory perception and euphoria followed by drowsiness/relaxation; slowed reaction time; problems with balance and coordination; increased heart rate and appetite; problems with learning and memory; anxiety; other mental health problems; chronic cough; frequent respiratory infections.
- **Over-the-counter Cold/Cough Medicines** (Dextromethorphan or DMX) - Known risks include increased blood pressure; sweating; slurred speech; poor motor control; stomach pain; extreme panic; paranoia; anxiety and aggression.
- **Central Nervous System Depressants** (Barbiturates, Xanax, Ativan, Ambien) - Known risks include drowsiness; slurred speech; poor concentration; confusion; dizziness; lowered blood pressure; slowed breathing

- **Steroids (Anabolic/Andreno-genic)** - Known risks include kidney damage or failure; high blood pressure; enlarged heart, or increased risk of stroke or heart attack; aggression; extreme mood swings; delusions; impaired judgment.
- **Inhalants (Acetone, nitrous oxide, spray paint, canned air)** - Known risks include confusion; nausea; slurred speech; lack of coordination; euphoria; dizziness; drowsiness; disinhibition; lightheadedness; hallucinations/delusions; headaches; heart failure; liver and kidney damage; brain damage.
- **Hallucinogens (PCP, LSD, ketamine)** - Known risks include confusion; dizziness; nausea; vomiting; hallucinations; dangerous changes in blood pressure, heart rate, respiration and body temperature; anxiety; paranoia; extreme panic; aggression.
- **Stimulants (Cocaine, methamphetamine, amphetamines, Adderall)** - Known risks include increased heart rate and blood pressure; decreased appetite; abdominal pain and nausea; panic attacks; paranoia; increased risk of heart attack, stroke, seizure or coma.
- **Tobacco (Cigarettes, cigars, vaping, smokeless tobacco)** - Known risks include increased blood pressure, breathing and heart rate; increased risk of cancer; chronic bronchitis; emphysema; heart disease; leukemia; pneumonia.
- **Synthetic Cathinones (Bath salts)** - Known risks include increased heart rate and blood pressure; euphoria; paranoia; agitation; hallucinations; violent behavior; nausea; vomiting; depression; panic attacks.

Prescription Drug Abuse

Prescription drugs include opioids, central nervous system depressants and stimulants. The use of prescription medications by anyone other than the prescribed individual is illegal and dangerous. Known risks are listed above under Central Nervous System Depressants and Stimulants.

Alcohol and Drug Policy – Compliance and Enforcement

Navarro College is a drug- and alcohol-free institution. Possession, sale and/or use of any type of illicit drugs, alcohol, or mood-enhancing substances by any person on any property owned, leased, or controlled by Navarro College is strictly forbidden. The Navarro College Department of Public Safety will enforce all federal, state, and local laws concerning underage drinking, drug, and mood-enhancing substance violations.

Navarro College reviewed disciplinary procedures and sanctions related to alcohol and drug violations during the review period. The College determined that sanctions were administered consistently in accordance with the Student Code of Conduct and institutional procedures. Students found responsible for alcohol or drug-related violations were assigned educational interventions, counseling referrals, probationary sanctions, or additional disciplinary measures as appropriate to the severity of the violation.

A student found to be in possession or under the influence of any illicit drugs and/or alcohol or mood-enhancing substances on or off the College property will be subject to disciplinary action and/or criminal proceedings. Incidents occurring off College property will be assessed based on the College's conduct procedures that hold all students to consistent standards defining acceptable forms of student conduct and maintaining civility and safety for the College community.

A student who has been convicted of any federal or state law involving the use, possession, or sale of a controlled substance shall lose their student aid eligibility for a specified period of time if they were receiving federal student aid when the offense occurred. The suspension of eligibility timetable depends on the violation and may resume upon the completion of a Department of Education approved rehabilitation program.

Navarro College provides alcohol and other drug abuse education modules through Vector Solutions, along with counseling services as needed for students. The College employs experienced and/or licensed professional counselors to support students with substance use concerns, including drug and alcohol abuse.

Employee prevention efforts consist primarily of annual policy notification, educational materials, and access to counseling and community treatment resources.

[Navarro College Residence Life - Drug and Alcohol Prevention](#)

Navarro College Residence Life is a drug- and alcohol-free program. The possession, sale, and/or use of illegal drugs or alcohol on a property owned, leased, or controlled by Navarro College is prohibited. Students residing in College housing who violate this policy may be subject to disciplinary action, including removal from the Residence Life program. All students who apply to live on the College property are subject to a criminal history check in the state where their driver license or ID is issued. All class B misdemeanor charges within a year, class A misdemeanor charges within two years, and felony charges within three years result in an automatic denial of Residence Life accommodations. Any charge involving illicit drugs results in an automatic denial of Residence Life accommodations.

Once admitted to Navarro College Residence Life, students are held to a standard regarding their conduct on College property, which includes policies regarding drugs and alcohol. Each discipline violation is assigned a points value, and when the student accrues six points in an academic year, they will be considered for removal from the Residence Life Program for no less than two academic years and will be subject to being trespassed from the Residence Life area.

The current Residence Life drug and alcohol policy can be found in the [Residence Life Handbook 2025-2026](#).

[Navarro College Athletics - Drug Prevention Program](#)

The Navarro College Administration and Athletic Department staff, in keeping with the philosophies, ideals and goals of the National Junior College Athletic Association (NJCAA) strongly believe that the use and abuse of alcohol and drugs can be detrimental to the health of individuals, including student-athletes. Therefore, the College has an important responsibility to prevent, assist and correct any drug activity that might be present among student-athletes.

Participation in intercollegiate athletics as an extra-curricular activity is a choice. In order to maintain a high standard of expectations for student-athletes, cheerleaders, managers and student trainers, Navarro College will subject all students involved with the athletic department to a drug abuse prevention program as a condition of representing the College. The following policy has been instituted as the Drug Abuse Prevention Program and it does not diminish the rights and

responsibilities which exist pursuant to other policies, including but not limited to those set forth in the [Student Handbook](#) and/or [Navarro College Board of Trustees Policy Manual](#).

All student-athletes, including cheerleaders, managers, and trainers who participate in Navarro College Athletic programs will be tested according to the following schedule:

- Minimum of at least three random test dates in both the fall and spring semesters.
- Testing dates are decided by the Head Athletic Trainer and/or the Executive Director of Student Services and Athletics.
- Coaches can request a student-athlete be added to the “list” if they suspect drug abuse.
 - Head Coach must present justification in writing to the Executive Director of Student Services and Athletics and/or Athletic Trainer.
- Coaches will be notified by 7:30 A.M. via email or text on the test date of student-athletes for their sport that were selected.
- Student-athletes will meet at a designated location and time for the administration of the test.
- If a student-athlete does not show up at the designated location at the correct time this is considered a positive test.
- Student-athletes who test “dilute” (positive or negative) will retest the next day. Three dilute tests are the same as a positive test.
 - Dilute tests occur when the specimen contains too much water, which causes inaccurate results.
 - Student-athletes can provide a “dilute” sample by honestly over-hydrating to provide a sample.
 - Student-athletes can provide a “dilute” sample by intentionally over-hydrating to trick the screen. Diuretics will have the same effect. Consistent abusers are aware of this concept.
- Student-athletes cannot be selected more than three times in a year unless the student-athlete has previously tested positive.
 - Re-tests for “dilute” samples do not count in this accumulation.

[Disciplinary Sanctions and Procedures](#)

Navarro College will not tolerate the use, possession, and/or distribution of alcohol or illicit drugs. These activities present a danger to the College community and detract from the educational mission of the institution. Students may be denied admittance into College facilities if it is believed they are under the influence of, or in possession of, alcohol or illicit drugs.

Negative behaviors that result from the use of alcohol and/or other drugs will not be tolerated in the College community. All instances of drug and alcohol usage will be formally adjudicated by the Office of Student Development and, whenever necessary, by the Navarro College Department of Public Safety and/or Corsicana Police Department.

Navarro College reserves the right to determine appropriate sanctions for any violation(s) of the Student Code of Conduct. All disciplinary sanctions fall under the leadership of the Executive Director of Student Services. The sanctions may be any of those listed in the [Student Handbook](#), up to and including administrative withdrawal, suspension, or expulsion. The Director of

Student Development, the Residence Life team, or the Executive Director of Student Services, may impose misconduct sanctions. The following penalties may be imposed singularly or in combination upon individuals, groups, or organizations:

- Administer a verbal or written warning to the student.
- Require the student to attend counseling sessions.
- Cancel residence hall contract and/or meal ticket.
- Impose disciplinary probation for a definite period of time with the condition that future violations may result in disciplinary suspension.
- Prohibit a student from representing the College, on or off College property, in any recognized College-sponsored event.
- Withhold an official transcript or degree.
 - TX HB 449 and 1735 (2019) mandates that the student's transcript a) may be withheld pending investigation.
- Prohibit readmission.
- Require restitution, whether monetary or through specific duties, such as reimbursement for damage to or misappropriation of College, student, or employee property.
- Designate a student ineligible for student grants, loans, or scholarships.
- Expel or suspend a student from Navarro College.
 - No student who has been suspended from the College shall be permitted on the College property during the period of suspension without prior written approval from the appropriate vice president who may convene an appeal committee for consideration/consultation of the matter.
- Withdraw a student from all currently enrolled coursework without refund of tuition and fees.
 - No student who has been withdrawn for disciplinary reasons shall be permitted on the College property during the period in which the student is ineligible to return without prior written approval from the Office of Student Development.
 - Readmittance following administrative withdrawal requires a letter of commitment from the student to be reviewed by the Office of Student Development.
- Educational discipline sanctions may include work assignments, essay writing, community service, behavioral contract, administrative referral, letter of apology, restitution, or other educational assignment.
- Impose other sanctions as outlined in the departmental handbook for specific programs including but not limited to Fire/EMS, Health Professions, and Police Academy.
- Limit access to and/or prohibit students from certain areas of the College property.
- Administer other sanctions as per the discretion of the Executive Director of Student Services.

NOTE: In cases where a student receives a sanction of probation, suspension, or expulsion, a copy of the confirmation letter received by the student may be forwarded to the parent or guardian of the student in conjunction with the Buckley Amendment and in compliance with FERPA guidelines.

Texas House Bill 449 (2019) adds Section 51.9364 to Chapter 51 of the Texas Education Code, requiring public and private institutions of higher education to include a "notation" on a student's transcript when "the student is ineligible to reenroll in the institution for a reason other than an academic or financial reason." This may encompass any conduct concern.

When a student is confronted with a possible violation of the Student Code of Conduct requiring disciplinary action, the student will be given a notice, either oral or in print, directing them to appear before the Director of Student Development at a specified date and time. Failure to appear is a violation of the Student Code of Conduct and may result in further action.

If the student chooses to dispute the allegations of a student conduct violation, the Director of Student Development will determine the circumstances of an alleged violation by investigating the facts and interviewing the implicated student and other potentially involved parties. If it is determined that no violation has occurred, or if there is insufficient evidence to meet the preponderance of evidence standard, the allegations will be dismissed. If it is determined that the preponderance of evidence standard is met, the student may be sanctioned.

If a student does not respond to the request for the initial or subsequent interviews, a decision determining responsibility may be based on the information that is currently available. If it is determined that no violation has occurred, or if there is an insufficient amount of evidence to meet the preponderance of evidence standard, the allegations will be dismissed. If it is determined that the preponderance of evidence standard is met, the student may be sanctioned.

Students have the right to appeal the decision of the Director of Student Development per the [Disciplinary Appeal Procedures](#).

Students who choose to appeal must submit their written appeal request by email to the Executive Director of Student Services no later than 5:00 p.m. within two (2) business days.

Amnesty

The [Navarro College Sexual Misconduct Policy](#) provides limited immunity, also referred to as amnesty, to certain parties in the handling of possible violations of the sexual misconduct policy.

Navarro College considers the reporting and resolution of sexual misconduct cases to be of paramount importance. While the College does not condone underage drinking or the use of illicit drugs, College policy prohibits disciplinary action for unrelated code of conduct violations arising from the same incident as a report or complaint of sex discrimination or sexual misconduct when such action would interfere with an individual's rights or protections under Title IX and its implementing regulations.

To encourage the reporting of sexual misconduct and other inappropriate conduct, Navarro College may grant immunity, also referred to as amnesty, from disciplinary action to a student or employee who, in good faith, reports an alleged violation, files a formal complaint, or participates in a grievance process under this policy. For example, a student who reports being the victim of sexual assault will generally not face disciplinary action for related code of conduct violations, such as underage drinking, that occurred in connection with the reported incident.

However, an individual accused of engaging in sexual misconduct or other inappropriate conduct may not avoid disciplinary action by reporting their own misconduct.

Procedure for Failure to Comply with Disciplinary Sanctions

Any disciplinary action taken against a student enrolled in Navarro College may result in levying against that student any one of several disciplinary sanctions as listed in the [Student Handbook](#) under the Student Code of Conduct section. Whenever disciplinary sanctions are levied against a student, he/she is expected to fully comply.

Any student who does not fully comply with their disciplinary sanctions is subject to one or more of the following consequences:

- Immediate dismissal from Navarro College
- Prohibited from re-enrolling in Navarro College
- Having all College records placed on hold.

The purpose of this procedure is to ensure safety of all members of the College community, to ensure that students are accountable and responsible for their decisions and actions to promote civility and ethical behavior among Navarro College students, and to sensitize students to the fact that every decision carries a consequence.

Legal Sanctions Under Texas and Federal Law

The following summary is provided for educational purposes and is not intended to be a comprehensive statement of all applicable laws or penalties. Penalties may vary depending on the specific circumstances of an offense.

Texas Alcohol & Controlled Substance Penalties

Offense	Possible Texas Penalties*
Underage Possession or Consumption of Alcohol	Fines, alcohol awareness education, community service, driver's license suspension, and other penalties as provided by Texas law.
Driving While Intoxicated (DWI)	Fines, incarceration, driver's license suspension, mandatory education programs, and increased penalties for repeat offenses or offenses involving injury.
Public Intoxication	Fine and/or other penalties as provided by Texas law.
Possession of Marijuana	Penalties vary based on the amount possessed and may include fines, probation, and incarceration.
Possession of a Controlled Substance	Penalties vary by substance and quantity and may include substantial fines, imprisonment, and loss of eligibility for certain federal benefits.
Manufacture or Distribution of Controlled Substances	Significant fines and imprisonment, with penalties increasing based on the type and quantity of the substance involved.

Offense	Possible Texas Penalties*
Providing Alcohol to a Minor	Fines, community service, potential incarceration, and other penalties under Texas law.

Federal Controlled Substance Penalties

Offense	Possible Federal Penalties*
Possession of an Illegal Controlled Substance	Criminal penalties may include fines and imprisonment. Penalties increase for repeat offenses.
Distribution or Manufacture of Controlled Substances	Significant fines and imprisonment, with penalties varying based on the type and quantity of the substance involved.
Drug Trafficking Offenses	Severe criminal penalties, including lengthy prison sentences and substantial fines.
Federal Student Aid Consequences	Students convicted of certain drug-related offenses may face restrictions or loss of eligibility for federal financial aid as provided by federal law.

*Penalties are subject to change and may vary depending on the circumstances of the offense, prior convictions, and applicable to federal, state, or local laws.

Navarro College students and employees are expected to comply with all applicable federal, state, and local laws regarding alcohol and controlled substances. Violations may result in criminal penalties in addition to disciplinary action imposed by the College.

Alcohol and Drug Trend Data

The College annually reviews student conduct data to assess trends in alcohol and other drug (AOD) policy violations. As shown in the table below, both total conduct referrals and AOD-related referrals are examined, along with distinctions between alcohol and drug violations and arrests for alcohol or drug-related incidents. Sanctions are applied consistently in accordance with institutional policy and may include completion of Vector Solutions Alcohol and Other Drug education modules, counseling, drug screening, and additional disciplinary actions as appropriate. This data from the Corsicana campus was collected in collaboration with the Office of Student Development and the Navarro College Department of Public Safety and supports the College's ongoing evaluation of AOD prevention and intervention efforts.

Drug and Alcohol Related Arrests (2023-2025)

Year	Arrests (Alcohol-Related)	Arrests (Drug-Related)
2023	6	19
2024	0	11
2025	0	11

Arrest data is reported by calendar year as provided by the Navarro College Department of Public Safety.

Drug and Alcohol Related Conduct Referrals

Academic Year	Total Conduct Referrals	AOD-Related Conduct Referrals	Alcohol Referrals	Drug Referrals
2023–2024	445	219	61	158
2024–2025	450	191	69	122

Alcohol and Drug Counseling Services

If a student is sanctioned for an alcohol or drug-related policy violation, they will be referred to the Office of Student Development and may be placed on probation for a term of no less than one year. Sanctioned students are assigned the alcohol or drug prevention course that corresponds with their violation through the Vector Solutions Alcohol and Drug Misuse Prevention library, accessed through CANVAS.

Following completion of the assigned course and assessment, students are required to follow up with the Director of Student Development to review assessment results and determine appropriate next steps. Depending on the outcome of the assessment, students may be required to participate in mandatory counseling sessions through the Bulldog Mental Wellness Center (BMWC) or with an outside provider of the student's choice.

Upon completion of the AOD course assessment and education, on-going counseling will be voluntary unless otherwise specified.

If it is deemed that the student is dependent on alcohol and/or drugs and/or high risk, an outside referral for counseling and rehabilitation will be made.

In addition, if any serious mental health concerns become evident during evaluation and/or assessment, mandatory follow-through with counseling inside and/or outside of Navarro College may be required.

Alcohol and Drug Programs and Interventions

IMPACT Navarro

IMPACT Navarro is a coalition made up of members of the College community and various other community stakeholders of Navarro County. The coalition provides information to student's multiple times per semester via informational tables and interactive prevention activities, prevention speakers, and interaction with clubs at Navarro College including Student Government Association and Bulldog Life.

It offers students the ability to get involved with activities, change perception of others, and become drug prevention advocates at their Navarro College location. The coalition is designed to reduce youth access to alcohol, tobacco, marijuana, and prescription drugs by:

- Increasing community awareness of the legal and health consequence of substance use/misuse

- Mobilizing Navarro College students to initiate institutional changes and establish policies that will influence positive social and environmental norms.
- Working collaboratively with law enforcement and local businesses to address the needs of the community and enhance community mobilization.
- Addressing social determinants of health that may contribute to substance use/misuse behaviors and strengthen community resilience.
- Improving the overall health of the College community by addressing dimensions of wellness.
- IMPACT Navarro coalition allows students and others the ability to become part of the solution.

Drug and Alcohol Prevention and Awareness through Student Services

The Office of Student Development uses alcohol and drug prevention courses through the Vector Solutions Alcohol and Drug Misuse Prevention library accessed via CANVAS. Assigned courses allow participants view alcohol and drug misuse prevention material and complete a required assessment. Sanctioned students are required to submit their certificate of completion to the Office of Student Development for verification purposes. Students who fail to complete the required assessment may be required to attend an in-person Alcohol and Other Drug information session with a counselor from the Bulldog Mental Wellness Center.

Several published peer reviewed studies demonstrate that the use of Vector Solutions alcohol and drug education courses decreases drug and/or alcohol usage as well as negative consequences such as “binge” drinking and drug/alcohol-related harms.

Housing Incentive Program

The Housing Incentive Program (HIP) was designed to encourage residents to attend events at Navarro College through incentives. Residents can earn points simply by attending events that have been strategically chosen and marketed by the HIP team. Events that earn points include Navarro College-sponsored workshops, community service and student activities. At the end of each semester, students who have accumulated enough points to meet any of the prize brackets will collect their prizes.

Alcohol-Free Opportunities, Events, Activities

Navarro College provides alcohol-free activities that are available for all students, including social events, study events, service work, intramural athletics, and a wide variety of student organizations. Bulldog Life, the Office of Student Development, Student Activities, Residence Life, and IMPACT Navarro work collaboratively to provide many activities including but not limited to movie screenings, game nights, study and snack nights, etc. Many activities are offered in the evening and late evening hours to accommodate after-hour student time.

Fall 2024 & Spring 2025

8/26/2024: Bulldog Bowling Night

8/27/2024: Karaoke Night at Gibson Hall

8/28/2024: Navarro College Club and Resource Fair

8/28/2024: Welcome Nations – Meet our International Students

8/28/2024: Bulldog Trivia
8/29/2024: Laser Tag at the SEC
9/03/2024: Decorate Your Own Towel – Game Days (hosted by Residence Life)
9/04/2024: Master Your Minds – Time Management Skills
9/06/2024: Video Game Night (hosted by Residence Life)
9/11/2024: Overcoming Adversity – guest speaker, Aaron Dominic
9/11/2024: RecSports – Dodgeball Tournament
9/12/2024: Freestyle Painting at Gibson Hall
9/13/2024: Video Game Night (hosted by Residence Life)
9/15/2024: NC Housing Cookout (hosted by Residence Life)
9/16/2024: Bulldogs Unite – Navarro College Day
9/17/2024: Constitution Day Trivia
9/18/2024: Mindful Choices – Resisting Drugs and Alcohol
9/18/2024: RecSports – Volleyball Tournament
9/19/2024: Bingo Night at Gibson Hall
9/19/2024: Yoga Stressbuster at Gibson Hall
9/20/2024: Food for Thought – Italian Cuisine
9/20/2024: Video Game Night (hosted by Residence Life)
9/25/2024: Career Crafting Workshop
9/25/2024: RecSports – Volleyball Tournament
9/26/2024: Open Mic Night at the Beautique
9/27/2024: Hammock Park at the Clock Tower Courtyard
9/27/2024: Video Game Night (hosted by Residence Life)
9/30/2024: Ramen Bar at the Dining Hall
10/02/2024: Build Your Own Brand – guest speaker, Dr. Tara Peters
10/02/2024: RecSports – Volleyball Tournament
10/03/2024: Karaoke Night at Gibson Hall
10/04/2024: Video Game Night (hosted by Residence Life)
10/07/2024: Bulldog Bowling Night
10/08/2024: Sidewalk Chalk Art Contest
10/08/2024: DIY Pep Rally T-shirts and Banners
10/08/2024: Homecoming Mum Making (hosted by Residence Life)
10/09/2024: Navarro's Got Talent at Bulldog Life
10/09/2024: Mocktails: Mixing up the Fun
10/10/2024: Homecoming Blacklight Pep Rally at the SEC
10/11/2024: Bulldog Color Run
10/15/2024: Pumpkin Painting with Residence Life
10/16/2024: Study Tips and Tricks with Tutoring Services
10/16/2024: RecSports – 3 on 3 Basketball Tournament
10/17/2024: BINGO Night at Gibson Hall
10/17/2024: Yoga Stressbuster at Gibson Hall
10/21/2024: Nacho Bar at the Dining Hall
10/23/2024: Transfer Workshop at Bulldog Life
10/23/2024: RecSports – 3 on 3 Basketball Tournament
10/24/2024: Mario Kart Tournament at Gibson Hall
10/25/2024: Food for Thought – A Trip to Africa

10/26/2024: Zombie Run at IOOF Park
 10/27/2024: Paletas (Ice Cream) for Soccer Game (hosted by Residence Life)
 10/29/2024: Pumpkin Painting (hosted by Residence Life)
 10/30/2024: Beyond Ramen Noodles – Finance Workshop
 10/30/2024: Basketball Bash at the SEC
 10/31/2024: Trick or Treat Bags/Popcorn (hosted by Residence Life)
 10/31/2024: Halloween Fest & Trunk or Treat at the SEC
 11/01/2024: Hammock Park in the Clock Tower Courtyard
 11/01/2024: Day of the Dead: Skull Mask Making (hosted by Residence Life)
 11/05/2024: University Transfer Fair at the SEC
 11/06/2024: Relaxation Retreat – Paint, Sip, Relax
 11/06/2024: RecSports – Pool and Ping Pong Tournament
 11/07/2024: Karaoke Night at Gibson Hall
 11/08/2024: Video Game Night (hosted by Residence Life)
 11/10/2024: Thanksgiving Dinner at the Dining Hall
 11/11/2024: Veteran’s Day Event
 11/12/2024: Native American Month: Dream Catcher Making (hosted by Residence Life)
 11/13/2024: Getting Ready for Finals Workshop
 11/14/2024: Bingo Night at Gibson Hall
 11/14/2024: Yoga Stressbuster at Gibson Hall
 11/15/2024: Video Game Night (hosted by Residence Life)
 11/18/2024: Mystery Snack Pong (hosted by Residence Life)
 11/20/2024: Networking Ninja – Career Success Workshop
 11/21/2024: Smash Bros Tournament at Gibson Hall
 12/04/2024: Build Your Own Snowman/Globe (hosted by Residence Life)
 1/19/2025: Welcome Week – Game Night at Gibson Hall
 1/20/2025: Welcome Week – College Football & Tacos at Gibson Hall
 1/20/2025: MLK Cookout (hosted by Residence Life)
 1/21/2025: Welcome Week – Karaoke at Gibson Hall
 1/22/2025: Welcome Week – Trivia Night at Gibson Hall
 1/23/2025: Tech Camp at Bulldog Life
 1/23/2025: Welcome Week – Candy Bar BINGO at Gibson Hall
 1/27/2025: Bulldog Bowling Night
 1/29/2025: Welcome Nations
 1/30/2025: Advisor Meet & Greet
 1/30/2025: Cupid Mixer (hosted by Residence Life)
 2/06/2025: Black History Month Panel
 2/07/2025: Video Game Night (hosted by Residence Life)
 2/09/2025: Superbowl Sunday Party
 2/10/2025: Soul Food Tasting – featuring Gospel Explosion
 2/12/2025: Let’s Talk – Mental Health
 2/14/2025: Popcorn and Valentine’s Candy Bags (hosted by Residence Life)
 2/17/2025: President’s Day Trivia
 2/17/2025: RecSports – Basketball Tournament
 2/18/2025: Open Mic w/a Twist (hosted by Residence Life)
 2/19/2025: RecSports – Basketball Tournament

2/20/2025: Pelham Museum Field Trip
2/21/2025: Food for Thought at Bulldog Life
2/21/2025: Video Game Night (hosted by Residence Life)
2/24/2025: RecSports – Basketball Tournament
2/26/2025: RecSports – Basketball Tournament
2/27/2025: Open Mic w/a Twist (Painting & Pizza) at Gibson Hall
3/04/2025: Mardi Gras Mask Making (hosted by Residence Life)
3/06/2025: Karaoke at Gibson Hall
3/06/2025: National Oreo Cookie Day (hosted by Residence Life)
3/07/2025: Hammock Park in the Clock Tower Courtyard
3/07/2025: Video Game Night (hosted by Residence Life)
3/09/2025: NC Housing Cookout (hosted by Residence Life)
3/10/2025: Breakfast for Dinner at the Dining Hall
3/12/2025: Let's Talk – Dining Etiquette
3/24/2025: RecSports – Flag Football Tournament
3/25/2025: RecSports – Flag Football Tournament
3/27/2025: Candy Bar BINGO at Gibson Hall
3/28/2025: Food for Thought at Bulldog Life
3/28/2025: Video Game Night (hosted by Residence Life)
3/31/2025: RecSports – Flag Football Tournament
4/02/2025: RecSports – Flag Football Tournament
4/03/2025: Tacos & Trivia at Gibson Hall
4/07/2025: NCAA March Madness Pizza Part at Gibson Hall
4/09/2025: RecSports – Powderpuff Football Tournament
4/10/2025: Video Game Night at Gibson Hall
4/11/2025: Hammock Park in the Clock Tower Courtyard
4/13/2025: NC Housing Cookout (hosted by Residence Life)
4/16/2025: Egg Decorating (hosted by Residence Life)
4/17/2025: Easter Egg Hunt
4/17/2025: Freestyle Painting at Gibson Hall
4/18/2025: NC Housing Cookout (hosted by Residence Life)
4/20/2025: Easter NC Housing Cookout (hosted by Residence Life)
4/24/2025: Prayer/Worry Box Making (hosted by Residence Life)
4/29/2025: Mother's/Father's Day Card Making (hosted by Residence Life)
4/30/2025: Sobering Facts: AOD Awareness at Bulldog Life
5/01/2025: Spring Fest
5/04/2025: Star Wars Cookout (hosted by Residence Life)
5/05/2025: Sundaes on a Monday at the Dining Hall
5/06/2025: Frappe Frenzy
5/07/2025 -5/13/2025: Final Exam De-stress Oasis at Bulldog Life

Fall 2025 & Spring 2026

8/23/2025: Welcome Shuttle and Social Mixer
8/24/2025: Bulldog Bash at Gibson Hall
8/25/2025: Late Night Bowling
8/26/2025: Outdoor Movie Night (at the practice field)
8/27/2025: Club and Resource Fair at Clocktower

8/27/2025: Blacklight Dodgeball at Gibson Hall
 8/28/2025: Speed Friending at Rick & Rosie's Deli
 8/28/2025: Karaoke Retro Rewind at Gibson Hall
 8/29/2025: Hammock Park at the Clocktower
 9/01/2025: Labor Day Lunch w/ResLife
 9/02/2025: Welcome Nations at Bulldog Life
 9/03/2025: Pancakes with the President at Bulldog Life
 9/03/2025: Workshop Wednesday – Time Management
 9/04/2025: Candy Bar Bingo at Gibson Hall
 9/05/2025: Hammock Park at the Clocktower
 9/05/2025: Pool Tournament at Gibson Hall w/ResLife
 9/08/2025: Mentor Me at Bulldog Life
 9/09/2025: Lunch-time Bingo at Rick & Rosie's Deli
 9/09/2025: Let's Talk – Stress Less, Find Balance at Bulldog Life
 9/10/2025: Work Study Job Fair at Bulldog Life
 9/10/2025: Workshop Wednesday – Suicide Prevention
 9/11/2025: DIY Tote Bags at Gibson Hall
 9/12/2025: Hammock Park at the Clocktower
 9/12/2025: Food for Thought – Hispanic Heritage Month
 9/12/2025: Pickleball Tournament at Gibson Hall w/ResLife
 9/16/2025: Bulldogs Unite – Navarro College Day
 9/17/2025: Constitution Day Trivia at the Dining Hall
 9/17/2025: Workshop Wednesday – Getting Adjusted to College Life
 9/19/2025: Video Game Night at Gibson Hall w/ResLife
 9/24/2025: Workshop Wednesday – Alcohol and Drug Prevention
 9/25/2025: Ultimate Frisbee at the Practice Field
 9/26/2025: Hammock Park at the Clocktower
 9/26/2025: Painting with a Twist at Gibson Hall w/ResLife
 9/29/2025: Volleyball Tournament at Gibson Hall Gym
 10/01/2025: Workshop Wednesday – Career Panel
 10/01/2025: Volleyball Tournament at Gibson Hall Gym
 10/02/2025: Karaoke Roulette at Gibson Hall
 10/03/2025: Hammock Park at the Clocktower
 10/03/2025: Food for Thought – Pacific Islander Culture
 10/08/2025: Workshop Wednesday – Domestic Violence Prevention
 10/08/2025: Pickleball at Gibson Hall w/ResLife
 10/09/2025: Volleyball Tournament at Gibson Hall Gym
 10/10/2025: Hammock Park at the Clocktower
 10/10/2025: Video Game Night at Gibson Hall w/ResLife
 10/13/2025: Lunchtime Loteria (Bingo) at Rick and Rosie's Deli
 10/14/2025: Let's Talk – Get Out of Your Head
 10/15/2025: Workshop Wednesday – Speech Anxiety
 10/15/2025: Pumpkin Painting w/ResLife
 10/16/2025: Pool and Ping Pong Tournament at Gibson Hall
 10/17/2025: Operation Bulldogs Serve (Campus-wide Community Service Event)
 10/20/2025: Ice Cream Social at the Dining Hall (After-hours)

10/21/2025: DIY Blacklight T-shirt Decorating at Gibson Hall
 10/22/2025: Sidewalk Chalk Contest (Homecoming Theme) at the Clocktower
 10/22/2025: Workshop Wednesday – Decision-making in a College Culture
 10/23/2025: Blacklight Pep Rally at the SEC
 10/24/2025: Beau’s Homecoming Carnival at the Library Parking Lot
 10/31/2025: Popcorn & Treat Bags w/ResLife
 10/31/2025: Movie Night w/ResLife
 11/02/2025: Mentor Me at Bulldog Life
 11/03/2025: Professional Photos at Rick and Rosie’s Deli
 11/04/2025: Professional Photos at Rick and Rosie’s Deli
 11/04/2025: Let’s Talk – How to Build Your Brand: College Edition
 11/04/2025: DAWG Dialogue at Bain Center Rm. 400
 11/05/2025: Workshop Wednesday – Career and Transfer Workshop
 11/05/2025: Casino Night at Gibson Hall w/ResLife
 11/06/2025: Carter Mobile Blood Drive at Gibson Hall
 11/06/2025: Basketball Tournament at Gibson Hall
 11/07/2025: Hammock Park at the Clocktower
 11/11/2025: Veteran’s Day Wall of Appreciation at the Dining Hall
 11/11/2025: Karaoke Night at Gibson Hall
 11/12/2025: Workshop Wednesday – Conquering Finals: The Ultimate Survival Guide
 11/12/2025: Worry Box Craft w/ResLife
 11/13/2025: World Kindness Day – Friendship Bracelet Making at Gibson Hall
 11/14/2025: Hammock Park at the Clocktower
 11/18/2025: Mystery Snack Pong w/ResLife
 11/19/2025: Workshop Wednesday – Financial Literacy
 11/21/2025: Hammock Park at the Clocktower
 12/01/2025: Movie Night w/ResLife
 12/03/2025: Around the World Holiday Celebration at the Cook Center
 12/04/2025: Christmas Karaoke at Gibson Hall
 01/17/2026: Pool Tournament at Gibson Hall
 01/18/2026: Coaster Decorating & Board Games at Gibson Hall
 01/19/2026: College Football Championship Watch Party & Pizza at Gibson Hall
 01/20/2026: DIY Tote Bag Decorating at Gibson Hall
 01/21/2026: Tech Camp with Trio SSS at the Trio Center
 01/21/2026: Karaoke Roulette at Gibson Hall
 01/22/2026: Welcome Nations at Bulldog Life
 01/22/2026: Popcorn & Pajamas Movie Night at Gibson Hall
 02/04/2026: Workshop Wednesday – Critical Thinking
 02/05/2026: Dodgeball Tournament at the SEC
 02/08/2026: Superbowl Watch Party at Gibson Hall
 02/12/2026: Mentor Me at Bulldog Life
 02/11/2026: Workshop Wednesday – Mental Wellness
 02/11/2026: National Make a Friend Day – Speed Friending & Affirmation Boards at Gibson Hall
 02/16/2026: Lunchtime Bingo at Rick & Rosie’s Deli
 02/17/2026: Food for Thought – Celebration of Black History Month

02/17/2026: Let's Talk – Black History Month (Community Speakers)
 02/18/2026: Workshop Wednesday – Career and Transfer Workshop
 02/19/2026: Slam Poetry & Open Mic Night at Gibson Hall
 02/24/2026: RecSports Basketball Tournament at Gibson Hall
 02/25/2026: Workshop Wednesday – Resumes & Interviews
 02/25/2026: Soul Train Karaoke Night at Gibson Hall
 02/26/2026: RecSports Basketball Tournament at SEC
 03/02/2026: Let's Talk – Mental Health
 03/02/2026: RecSports Basketball Tournament at SEC
 03/03/2026: Mentor Me – Goal Setting at Bulldog Life
 03/04/2026: Workshop Wednesday – Alcohol and Drug Prevention
 03/04/2026: RecSports Basketball Tournament at SEC
 03/05/2026: Friendship Bracelet Making w/ ResLife at Gibson Hall
 03/05/2026: Community, Career, and College Fair at SEC
 03/09/2026: Breakfast for Dinner at the Dining Hall
 03/11/2026: Workshop Wednesday – Financial Literacy
 03/12/2026: Karaoke Night at Gibson Hall
 03/24/2026: Beach Volleyball Tournament
 03/25/2026: Workshop Wednesday – Mental Wellness
 03/25/2026: Talent Show Tryouts at Bulldog Life
 03/26/2026: Talent Show Tryouts at Bulldog Life
 03/27/2026: Hammock Park at the Clocktower
 03/27/2026: Food for Thought – A Taste of Brazil at Bulldog Life
 03/30/2026: Professional Photos at Rick and Rosie's Deli
 03/30/2026: DIY Bookmarks & Planters at Gibson Hall
 03/31/2026: Professional Photos at Rick and Rosie's Deli
 03/31/2026: Beach Volleyball Tournament
 04/01/2026: Workshop Wednesday – Egg-cellent Escape (De-stress Workshop) at Bulldog Life
 04/06/2026: Let's Talk – Getting Ready for the Workforce
 04/06/2026: NCAA March Madness Watch Party at Gibson Hall
 04/07/2026: Mentor Me – Goal Setting Check In at Bulldog Life
 04/07/2026: Flag Football Tournament
 04/08/2026: Workshop Wednesday – Career Panel at Bulldog Life
 04/09/2026: Street Sign Making with Housing at Gibson Hall
 04/09/2026: Casino Night with Housing at Gibson Hall
 04/10/2026: Hammock Park at the Clocktower
 04/12/2026: Valentine's Chocolate-Making at Gibson Hall w/ResLife
 04/14/2026: Flag Football Tournament
 04/15/2026: Workshop Wednesday – How to Study When You Don't Want To
 04/15/2026: Talent Show at Cook Education Center
 04/20/2026: Dawg Dialogue at Bain Center
 04/21/2026: Powder Puff Football at the Practice Field
 04/22/2026: Workshop Wednesday – Alcohol, Drugs, and the Brain
 04/22/2026: Friendship Bracelet-making at Gibson Hall w/ResLife
 04/24/2026: Hammock Park at the Clocktower

04/24/2026: Game Night with Housing at Gibson Hall
04/27/2026: Powder Puff Football at the Practice Field
04/29/2026: Workshop Wednesday – Stress Busters
04/29/2026: De-stress Activity (Worry Boxes) at Gibson Hall w/ResLife
05/01/2026: Sundaes on a Monday at the Dining Hall
05/02/2026: Spring Fest at the Practice Field
05/06/2026: Karaoke Night at Gibson Hall
05/06 -05/12/2026: De-Stress Oasis at Bulldog Life