

# SBCCD Police Beat

January 4, 2013

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SBCCD Police Dispatch is available Monday—Friday from 7:00am—10:00pm. After 10:00pm and on weekends, our phones are transferred to the San Bernardino County Sheriff's Department who dispatch SBCCD Officers to calls.

## College Student Fatigue

### Campus Alerts

**SBVC – Campus Alert- Vehicle Thefts, See Police Website.**

<http://sbccd.org/police>

**CHC – Beware of the construction.**

**See following pages for additional incidents**

### IMPORTANT

### INFORMATION

**In the event of an emergency call 911**

**To report a crime call:**

**SBVC (909) 384-4491**

### Smoking Enforcement

Starting January 2013, The District Police Department will start issuing citations for those who smoke outside the designated areas. This is in accordance with California Government Code 7597.1(A) and Board Policy 3570. The civil penalty (fine) is \$50.00

Educational pursuits can provide a solid foundation for students to prosper in future professional careers. However, during academic preparation, students are faced with a variety of daily tasks and challenges that can be difficult to deal with. One of the problems that can occur from the constant grind of academia is fatigue. Research has identified several specific causes of fatigue in students.

### **Stress Coping Strategies**

The particular stress coping strategies that students use to handle the demands of academic studies are a big cause of student fatigue. Researchers investigated the association between medical students' stress coping strategies and onset of severe fatigue. Results of the study indicated that severe fatigue in medical students was linked to the use of an avoidance based stress coping strategy. Students who used an avoidance based stress coping strategy did not acknowledge and effectively deal with the pressures of daily academic challenges.

### **Negative Perfectionism**

Negative perfectionism is a belief that if a person does not achieve perfection in a task that other people will not have a positive perception of them. Researchers investigated negative perfectionism and student fatigue. Results of the study indicated that negative perfectionism led to both physical and mental fatigue in students. Additionally, negative perfectionism was highly correlated with bouts of depression in students.

### **Negative Lifestyle Behaviors**

A collection different lifestyle behavior can also be attributed to fatigue in students. Researchers examined the prevalence fatigue in relation to negative lifestyle behaviors of graduate students. Results of the study indicated two important points. One, lack of sleep, chronic disease and lack of physical activity correlated with high levels of fatigue in graduate students who participated in the study. Additionally, researchers explained that regular exercise participation can act as a buffer against fatigue for students. However, the intensity of exercise participation determines its overall effectiveness in combating the onset of fatigue in students.

## MISSION STATEMENT

The SBCCD Police Department, in concert with the Board of Trustees, is committed to providing a safe and secure learning and working environment for all students and employees. This will be accomplished through a cooperative and coordinated effort involving all departments and the SBCCD employees, law enforcement agencies and community.

For daily incidents reports and other crime information go the Police Web site: <http://sbccd.org/police>

# CHC

Case #	Criminal Offense/Calls for Reported Serv	Location	Date (s)	Time (s)	Disposition
	12/21/12 No incidents to report		12/21/12		
	12/22/12 Suspicious Vehicle	Campus Drive	12/22/12	5:08am	Advised
	12/23/12 No incidents to report		12/23/12		
	12/24/12 No incidents to report		12/24/12		
	12/25/12 No incidents to report		12/25/12		
	12/26/12 No incidents to report		12/26/12		
	12/27/12 No incidents to report		12/27/12		
	12/28/12 No incidents to report		12/28/12		
	12/29/12 No incidents to report		12/29/12		
	12/30/12 No incidents to report		12/30/12		
	12/31/12 No incidents to report		12/31/12		
	1/1/13 Suspicious Vehicle	Performing Arts	1/1/13	5:44pm	Trespass Advisal
	1/2/13 No incidents to report		1/2/13		
	1/3/13 No incidents to report		1/3/13		

# EDCT

Case #	Criminal Offense/Calls for Reported Serv	Location	Date (s)	Time (s)	Disposition
	12/21/12	No incidents to report	12/21/12		
	12/22/12	No incidents to report	12/22/12		
	12/23/12	No incidents to report	12/23/12		
	12/24/12	No incidents to report	12/24/12		
	12/25/12	No incidents to report	12/25/12		
	12/26/12	No incidents to report	12/26/12		
	12/27/12	No incidents to report	12/27/12		
	12/28/12	No incidents to report	12/28/12		
	12/29/12	No incidents to report	12/29/12		
	12/30/12	No incidents to report	12/30/12		
	12/31/12	No incidents to report	12/31/12		
	1/1/13	No incidents to report	1/1/13		
	1/2/13	No incidents to report	1/2/13		
	1/3/13	No incidents to report	1/3/13		

# S B V C

Case #	Criminal Offense/Calls for Reported Serv	Location	Date (s)	Time (s)	Disposition
	12/21/12 Suspicious Person	Art Building	12/21/12	12:40am	Unfounded
	12/21/12 Suspicious Vehicle	Athletic Field	12/21/12	1:10pm	Unfounded
12-514	12/21/12 Petty Theft	Health Life Science	12/21/12	7:42pm	Report taken
	12/22/12 No incidents to report		12/22/12		
	12/23/12 Loitering	Parking Lot #10	12/23/12	3:52am	Advised
	12/23/12 Suspicious Person	Parking Lot #8	12/23/12	9:34am	Unfounded
	12/24/12 No incidents to report		12/24/12		
	12/25/12 Skateboarders	Library Quad	12/25/12	11:25am	Advised
	12/26/12 No incidents to report		12/26/12		
	12/27/12 No incidents to report		12/27/12		
12-515	12/28/12 Hit & Run	Center of-Campus	12/28/12	3:55pm	Report taken
	12/29/12 No incidents to report		12/29/12		
	12/30/12 No incidents to report		12/30/12		
	12/31/12 No incidents to report		12/31/12		
	1/1/13 No incidents to report		1/1/13		
	1/2/13 No incidents to report		1/2/13		
	1/3/13 Emergency Phone Call	Administration	1/3/13	10:48pm	False alarm