



Learning that an allegation has been made against you can be an unnerving and challenging experience. It is important to remember that your responses to these accusations are normal reactions to a difficult situation. Dealing with these emotions can be difficult, and there are resources, both on and off campus, available to help you. Though responses differ from one person to the next, you may experience some of the emotions listed below:

- **Surprise or disbelief:** First and foremost, you may be surprised that the incident was reported at all. Your perspective on the event(s) in question may be very different from what was expressed by other parties, and you may not have felt that you did anything wrong. This reaction is natural, and the process is designed to allow all parties to share their perspectives.
- **Acceptance:** Alternatively, you may know that you have made a mistake and wish to make reparations for it. You may believe or come to believe that you have violated policy or caused harm. The process also allows you to accept responsibility for the allegation(s) as one of your options and to take accountability for, and grow from, any mistakes made.
- **Anger:** Anger is a common emotion whenever someone has been accused of misconduct. This is an appropriate response; however, the important factor to consider when dealing with anger is how you process it. There are several ways you can vent any anger you are experiencing, including speaking with a friend, family member, advisor, or counselor. Though it may seem difficult, challenge yourself to deal with your anger in healthy, productive ways.
- **Impact on Your Daily Life:** With everything going on, you may feel like your daily life has been impacted. While participating in an investigation, it may become challenging to pay attention in class, complete campus responsibilities, or even follow through with your coursework. Due to the uncertainty of the case and the meetings you may have, you may find yourself feeling more anxious, tired, stressed, or depressed than usual. Accommodations may be available to help ease the effects of the investigation on your life at Penn State.
- **Isolation:** Taking on the burden of the allegation may cause you to withdraw from your support and social networks because you may feel like it is “your problem.” Talking with a counselor or advisor may help you process your experiences and feelings, helping you to feel more at ease. It is important to stay connected with the things and people that bring you joy. While it may be hard at first, challenge yourself to continue your normal activities.
- **Future Implications:** Many respondents worry how the outcome of an investigation will impact their pursuit of work or color their reputation moving forward. Oftentimes, respondents feel that they have been indicated in a report not out of malice but because of a mistake. Talk with your Respondent Advisor or Respondent Support Coordinator for a better picture of how (and when) the University discloses a student’s association with an investigation or conduct process.



There are many resources, both on campus and non-University affiliated, available to you as you navigate your own process.

Campus Resources

Counseling and Psychological Services

(814-863-0395 for appointments);
(1-877-229-6400 for Crisis Services)
or text "LIONS" to 741741
<https://studentaffairs.psu.edu/counseling>

Student Care and Advocacy

814-863-2020
<https://studentaffairs.psu.edu/studentcare>

Student Disability Services

814-863-1807
<http://equity.psu.edu/student-disability-resources>

University Health Services

814-863-0774
<https://studentaffairs.psu.edu/health>

Health Promotion & Wellness Services

814-863-0461
<https://studentaffairs.psu.edu/health-wellness>

Community Resources

Mental Health*

County Agencies exist Statewide
<https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Pages/default.aspx>

Center for Community Resources

Various Locations Statewide
<https://ccrinfo.org/>

Can Help

1-800-643-5432
(24/7 Crisis Line)

Legal Resources

Student Legal Services

814-867-4388
<https://studentaffairs.psu.edu/legalservices>

Local Free and Low-Cost Lawyers*

<https://www.pabar.org/site/For-the-Public/Find-a-Lawyer>

Advising and Support

Office of Respondent Support

814-863-5879
<https://studentaffairs.psu.edu/support-safety-conduct/respondent-support-services>

- Process Advising and Comprehension
- Understanding terminology and outcomes
- Knowing your rights
- Decision making support
- Hearing Preparation
- Appeal Preparation
- Academic Accommodations
- Transition Planning
- Resource and program referrals

Student and Organization Rights Advisors (SORA)

<http://upua.org/executive/departments/sca/az>

- SORA is a student government-affiliated organization that assists other students in knowing their rights and navigating the Conduct process.

* For specific, local resources, see the Respondent Support Coordinator or the Case Manager administering your case.