WHAT EVERY HIGH SCHOOL STUDENT SHOULD KNOW ABOUT COLLEGE LIFE

AS A HIGH SCHOOL STUDENT,
we know you are busy not only with your high school work, but preparing for college. This is an exciting time, full of questions about your future. While we can’t predict if you will like your roommate or get good grades, we hope this brochure will answer some of your questions about the social scene at Missouri’s colleges and universities.

WHO ARE MISSOURI’S COLLEGE STUDENTS?

MOST MAKE HEALTHY CHOICES WHEN IT COMES TO DRINKING ALCOHOL

MOST DON’T DRINK AND DRIVE

MOST DON’T SMOKE

MOST DRINK LESS THAN 2 DRINKS PER WEEK

MOST USE A DESIGNATED DRIVER WHEN THEY CHOOSE TO DRINK

*Data taken from the Missouri College Student Health Behavior Survey, Spring 2014.

PARTY SCENE PREVIEW

While some students may choose to not be responsible with alcohol, most college students in Missouri are successful because they know how to use alcohol responsibly. Most college students drink responsibly and some don’t drink at all.

To learn more about Partners in Prevention, visit pip.missouri.edu
PARTY SCENE PREVIEW
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MOST COLLEGE STUDENTS
Understand and respect university, city, and state laws about alcohol. It is illegal to consume alcohol if you are under 21.

Don’t drink to get wasted or drunk.

Watch how much their friends drink and help their friends if they have had too much to drink.

Pay attention to how much they are drinking. Men should limit themselves to 1 drink per 1 hour and women should keep to 1 drink per 1.5 hours.

Use a designated driver who has consumed no alcohol.

Always watch their drink, never accept drinks from strangers, and never leave their drink attended.

REMEMBER

\[
\text{ONE DRINK} = 12 \text{ OUNCES} = 5 \text{ OUNCES} = 1.5 \text{ OUNCES}
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WHAT COLLEGE STUDENTS WANT YOU TO KNOW

- Get involved on campus. If you are looking for a way to meet people, student organizations are the place to be. Consider becoming a peer educator. You can help other students make healthy choices and have a lot of fun!
  - Kristy, college senior

- Seek help when you need it. Most colleges have free health centers and counseling for students. Check it out!
  - Dave, college sophomore

- Be prepared to feel unprepared. Nothing you will read can prepare you totally to enter college. We all feel the same way. Have fun and remember why you came to college in the first place.
  - Jack, college junior

- My freshmen year, I went partying on a Wednesday night and ended up sleeping through classes and a test the next day. Remember that your week is for school and weekend nights are for fun. Just be prepared to be a student on Monday.
  - Julie, college sophomore

- It’s easy to blame others for your mistakes. Be an adult and take responsibility for your life and your actions.
  - Nate, college freshman

- Get a planner or a calendar so that you can plan time for studying and time for fun.
  - Kayla, college freshman

- Never say ‘there is nothing to do on a weekend’. There are tons of activities, events, and campus recreation activities to keep you busy all four years of college.
  - Amy, college senior

For more answers, contact:
- Columbia College Counseling Services 573.875.7423 or www.ccis.edu/counselingservices
- Drury University Counseling Services 417.873.7419 or www.drury.edu/counseling
- Evangel University Counseling Services/Wellness Center 417.865.2815, ext. 7222 or www.evangel.edu/offices/student-development/counseling-center
- Harris-Stowe State University Office of Counseling Services and Prevention 314.340.5112
- Lincoln University Student Health Services 573.681.5476
- Maryville University of Saint Louis Health & Wellness Services 314.529.9520 or www.maryville.edu/studentlife-health.htm
- Missouri Southern State University MSSU Wellness 417.625.9533 or www.mssu.edu/wellness
- Missouri State University Taylor Health and Wellness Center 417.836.4045
- Missouri University of Science & Technology Counseling, Disability Support, and Student Wellness 573.341.4011 or counsel.mst.edu
- Missouri Western State University Counseling Center 816.271.4327

Northwest Missouri State University University Wellness Services 660.562.1348 or www.nmssu.edu/wellness
- Rockhurst University Counseling Center 816.501.4275
- Saint Louis University Student Health and Counseling Services 314.977.2323
- Southeast Missouri State University Counseling and Disability 573.986.6191 or www.semo.edu/SAPE
- State Technical College of Missouri Student Services 573.897.5110
- Truman State University University Counseling Services 660.785.4014 or ucs.truman.edu
- University of Central Missouri Office of Violence and Substance Abuse Prevention 660.543.8338 or www.ucm.edu/VSAP
- University of Missouri Wellness Resource Center 573.882.4634 or wellness.missouri.edu
- University of Missouri-Kansas City Counseling, Health and Testing 816.235.1635 or www.umkc.edu/chtc
- University of Missouri-St. Louis Student Social Services 314.516.6369 or www.usl.edu/studentsocialservices
- Westminster College Counseling & Health Services 573.592.5361 or www.westminster-mo.edu/studentlifechs

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