

# THE REALDEAL

## 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

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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.



### For more answers, contact:

**Columbia College** Counseling Services  
573.875.7423 or [www.ccis.edu/counselingservices](http://www.ccis.edu/counselingservices)

**Drury University** Counseling Services  
417.873.7419 or [www.drury.edu/counseling](http://www.drury.edu/counseling)

**Evangel University** Counseling Services/Wellness Center  
417.865.2815, ext. 7222 or [www.evangel.edu/offices/student-development/counseling-center](http://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](http://www.maryville.edu/studentlife-health.htm)

**Missouri Southern State University** MSSU Wellness  
417.625.9533 or [www.mssu.edu/wellness](http://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  
573.341.4211 or [counsel.mst.edu](mailto:counsel.mst.edu)

**Missouri Western State University** Counseling Center  
816.271.4327

## 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

**Northwest Missouri State University** University Wellness Services  
660.562.1348 or [www.nwmissouri.edu/wellness](http://www.nwmissouri.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](http://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](http://ucs.truman.edu)

**University of Central Missouri** Office of Violence and Substance Abuse Prevention  
660.543.8338 or [www.ucmo.edu/VSAP](http://www.ucmo.edu/VSAP)

**University of Missouri** Wellness Resource Center  
573.882.4634 or [wellness.missouri.edu](http://wellness.missouri.edu)

**University of Missouri-Kansas City** Counseling, Health and Testing  
816.235.1635 or [www.umkc.edu/chtc](http://www.umkc.edu/chtc)

**University of Missouri-St. Louis** Student Social Services  
314.516.6369 or [www.umsl.edu/studentsocialservices](http://www.umsl.edu/studentsocialservices)

**Westminster College** Counseling & Health Services  
573.592.5361 or [www.westminster-mo.edu/studentlife/chs](http://www.westminster-mo.edu/studentlife/chs)