



INFORMATION ABOUT STUDENT LIFE ^{AT} COLLEGE

This publication is brought to you by Partners in Prevention,
a coalition of universities in Missouri.

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AS A HIGH SCHOOL STUDENT

preparing for college can be stressful. While scholarships and classes are at the top of your to-do list, you may still be worried about making friends and fitting in. Along with that, you may be worried about what expectations are for partying and drinking in college. This brochure has some information from current college students as well as information about college students in general when it comes to drinking and some other aspects of college!

MISSOURI COLLEGE STUDENTS

- + **Make healthy choices** when it comes to drinking alcohol
- + **Find healthy ways to deal with stress**, such as exercising
- + **Don't drink and drive**
- + **Feel like they have someone they can talk to** on campus (friends, peers, a counselor, etc.)
- + **Don't smoke**
- + **Drink less than 2 drinks** per week.
- + **Use a designated driver** when they choose to drink.
- + **Don't use drugs** (marijuana, prescription drugs not prescribed to them, etc.)
- + **Don't drink to get drunk**
- + **Watch how much their friends drink** and help their friends if they have had too much to drink.
- + **Always watch their drink**, never accept drinks from strangers, and never leave their drink unattended.
- + **While some students may choose to not be responsible with alcohol**, most college students know how to use alcohol responsibly and some don't drink at all.

*Data taken from the Missouri College Student Health Behavior Survey, Spring 2016.

SOME ADVICE FROM CURRENT MISSOURI COLLEGE STUDENTS

"Just because you hear or see movies that say that everyone goes out and parties, doesn't mean that everyone actually does. If you choose to participate, stay safe, make smart choices, take people that you trust, and always pour your own drink."

-Gretchen E., College Senior

"My freshman 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 D., College Sophomore

"Get a planner or a calendar so that you can plan time for studying and time for fun."

-Kyla R., College Freshman

"Acting responsibly and being a leader is just as important as drinking responsibly. If you see a drunk person being taken advantage of at a party/club, don't be a bystander."

-Tyree W., College Junior

"I think it is important to know your limit when you go out. It is possible to drink, have fun, and be responsible."

-Ally R., College Junior

"Don't do something like going out because you think it's what you're supposed to do. Do what makes you happy with people that make you happy!"

-Grace S., College Freshman

"When it comes to clubs and orgs, don't be afraid to go outside of your comfort zone. Sometimes those risks have the biggest payoff!"

-Paige F., College Sophomore

"Ask for help when you need it. You're going to get overwhelmed and that's okay. Find someone who is willing to help you find balance in your life."

-Adam D., College Senior