FOR MORE ANSWERS, CONTACT:

Columbia College
Counseling Services - 573.875.7423
www.ccis.edu/counselingservices

Drury University
Counseling Services - 417.873.7419
www.drury.edu/counseling

Evangel University
Counseling Services/Wellness Center - 417.865.2815, ext. 7222
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
www.maryville.edu/studentlife-health.htm

Missouri Southern State University
MSSU Wellness 417.625.9533
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
counsel.mst.edu

Missouri Western State University
Counseling Center - 816.271.4327

Northwest Missouri State University
University Wellness Services - 660.562.1348
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
www.semo.edu/SAPE

State Technical College of Missouri
Student Services - 573.897.5110

Truman State University
University Counseling Services - 660.785.4014
ucs.truman.edu

University of Central Missouri
Office of Violence and Substance Abuse Prevention - 660.543.8338
www.ucmo.edu/VSAP

University of Missouri
Wellness Resource Center - 573.882.4634
wellness.missouri.edu

University of Missouri-Kansas City
Counseling, Health and Testing - 816.235.1635
www.umkc.edu/chtc

University of Missouri-St. Louis
Alcohol and Other Drug Prevention Coordinator - 314.516.6369
www.umsl.edu/swbs

Westminster College
Counseling & Health Services - 573.592.5361
www.westminster-mo.edu/studentlife/chs

http://pip.missouri.edu

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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 2013.

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.

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:

ONE DRINK = 

BEER = 12 OZ
WINE = 4 OZ
SHOT = 1 OZ

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.”
- Damian, 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