

## Be Aware of Alcohol & Other Drugs

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### Think Before You Drink

Even though some people associate college life with too much drinking, we know that the majority of college students do not binge drink on a regular basis. In fact, the use of alcohol and other drugs can be counterproductive to being a well student.

- **Resist** the urge to drink to fit in.
- **Find** friends who support you, whether you drink or not
- **Control & Real Confidence** are two desirable traits that are altered while drinking.
- **Work** on positive ways to handle stress and other negative feelings that don't involve alcohol.

### Effects of Alcohol & Other Drugs

- Miss classes
- Physical problems, hangovers
- Lower grades
- Poor judgment
- Damaged relationships
- Higher dropout rates
- Increased violence and arrests

### A Word on Date Rape Drugs

- GHB, Rohypnol (roofies) & Ketamine (Special K) are odorless and tasteless and can easily be slipped into drinks.
- Use the buddy system – don't leave a party alone
- Never leave your drink alone
- Never drink from a common source (punch bowl)
- Don't accept drinks from strangers.

## Life is a Balancing Act Learn to balance your Life

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### Juggling Act

Time management is the key to keeping up with the demands of college. Staying organized with a schedule will free you up to enjoy some stress-free times. Your student handbook provides a calendar for scheduling.

### Your Social Life

Social connections are healthy, as long as your friends are positive influences in your life. Be careful with new friends and dating partners who can use up a lot of your valuable time. Remember, you can say “no” and turn down some invitations.

### Your Family

Family can be a good source of support. There are also times when family creates stress. It is difficult to focus on school when there is a family crisis at home. Keep in touch with your family but also realize they are learning to handle some things on their own, too.

### Your Personal Life

You need to be able to make time for yourself. Do the things you enjoy without the pressure from others. Continue to pursue the interests that you had in high school. Find Ways to develop yourself as a unique, one-of-a-kind person.