

## FOR MORE ANSWERS, CONTACT:

### **Columbia College**

Counseling Services - 573.875.7423  
[www.ccis.edu/counselingservices](http://www.ccis.edu/counselingservices)

### **Drury University**

Counseling Services - 417.873.7419  
[www.drury.edu/counseling](http://www.drury.edu/counseling)

### **Evangel University**

Counseling Services/Wellness Center - 417.865.2815, ext. 7222  
[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  
[www.maryville.edu/studentlife-health.htm](http://www.maryville.edu/studentlife-health.htm)

### **Missouri Southern State University**

MSSU Wellness 417.625.9533  
[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  
[counsel.mst.edu](http://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](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  
[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  
[ucs.truman.edu](http://ucs.truman.edu)

### **University of Central Missouri**

Office of Violence and Substance Abuse Prevention - 660.543.8338  
[www.ucmo.edu/VSAP](http://www.ucmo.edu/VSAP)

### **University of Missouri**

Wellness Resource Center - 573.882.4634  
[wellness.missouri.edu](http://wellness.missouri.edu)

### **University of Missouri-Kansas City**

Counseling, Health and Testing - 816.235.1635  
[www.umkc.edu/chtc](http://www.umkc.edu/chtc)

### **University of Missouri-St. Louis**

Alcohol and Other Drug Prevention Coordinator - 314.516.6369  
[www.umsl.edu/swbs](http://www.umsl.edu/swbs)

### **Westminster College**

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

# THE REAL DEAL

WHAT EVERY HIGH SCHOOL  
STUDENT SHOULD KNOW  
ABOUT COLLEGE LIFE.



<http://pip.missouri.edu>

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This publication is brought to you by Partners in Prevention, a coalition of twenty-one colleges and universities in Missouri

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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:



## 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