

June 2013

To Our Newest Washington College Parents and Family Members,

As a parent or a family member, you may be wondering what advice to give as you prepare to send your son or daughter off to college. Anyone following the national news about college students and alcohol may be concerned about this transition. Like you, we, are interested in the safety of your student and want to work with you to reduce high-risk student drinking.

Your assistance in discouraging underage and high-risk student drinking is critical. We urge you to learn about the issues connected to underage/high-risk alcohol use and talk to your student about it. It is important to note that students routinely exaggerate the alcohol and other drug use of their peers. At Washington College, for example, students *believe* that 96% of their peers drink alcohol, when **in actuality**, last year after six weeks of classes, 52% of our first year students self-reported as non-drinkers. Research suggests that students, who are highly influenced by their peers, will drink up to what they *believe* to be the norm. Confronting these misperceptions about alcohol and other drug use is one of the ways to prevent potential abuse.

We have implemented a comprehensive alcohol prevention program to help students make appropriate, safe and healthy decisions. We ask for your support in encouraging your daughter or son's active participation in the alcohol education course. All first-year students are **required** to take the on-line *AlcoholEdu for College* and pass the course Final Exam with at least an 85% grade *before arriving on campus*. *AlcoholEdu* is an on-line, science-based course used at more than 500 colleges and universities around the country. It provides detailed information about alcohol and its effects on the body and mind. Because it is available online, students need only a computer with Internet access and audio capabilities to take the course. *AlcoholEdu* empowers students to make well-informed decisions should they be confronted with alcohol related situations.

We invite you to review *AlcoholEdu for College* material prepared especially for parents and family. Below you will find instructions for accessing *AlcoholEdu for College*, which includes a parent Login ID. The course will be available for students and parents on **Thursday July 25, 2013**. All students must complete the first part of the course through the Exam and Survey 2 by Wednesday August 21, 2013. Once students have arrived on campus in the fall, they will receive notification in October to complete the second part of *AlcoholEdu*; including the Final Exam and Post Survey, by Thursday October 24, 2013. Parents have no deadline to complete the course, however we encourage you to view as much as possible to help engage your student in a proactive conversation about their choices about alcohol prior to their arrival on campus. Thank you in advance for working with us to make your student's transition to college life exciting, enriching, and responsible. As always, we welcome your input, and look forward to your student's arrival on campus this fall.

Sincerely,

Beth Anne Langrell
Director of Student Development

Recommendations for the Center for College Health and Safety include:

Set clear and realistic expectations for academic performance.

National studies show that students who engage in excessive drinking behavior often receive poor grades. A decline in grades may have as much to do with partying as it does with the difficulty of the academic work. However, students who know their families expectations for sound academic work will be more devoted to their studies and have less time to get in trouble with alcohol.

Encourage involvement in appropriate campus organizations and activities. Helping others or engaging in meaningful extra-curricular activities takes young people outside of themselves, giving them a healthier perspective while structuring their free time with constructive activities to help them grow professionally and personally. Community volunteer work offers students the opportunity to form community connections and make a difference.

Beth Anne Langrell, Washington College's Director of Student Development can help students to identify campus and community based volunteer opportunities.

Heather Morriw, Washington College's Director of Student Activities, can assist students who are interested in joining clubs, organizations and activities on campus.

Visit www.washcoll.edu or call 410-778-7752 for details.

Parents Only Directions for AlcoholEdu[®] for College

IMPORTANT (please read carefully):

•Do NOT share this Login ID with your child as he/she will not receive credit for completing the course under this account. We have provided your son or daughter with a separate student Login ID. So as not to interfere with your child's account, we also ask that you please do not use the student Login ID that we have provided for them.

WHEN: AlcoholEdu for College will be available for your review beginning Thursday July 25, 2013.

HOW: To take AlcoholEdu for College, you will need audio capabilities.

1. Go to: <http://parents.alcoholedu.com>
2. Please review the minimum technical requirements available at the bottom of the AlcoholEdu for College Login page.
3. Under New User enter the following Login ID for PARENTS ONLY: P164216PARENT
4. Click "Sign Up" and follow the on-screen prompts.

5. You may log in and out of the course at the end of each section. Section ends are marked with a “Next” button. DO NOT log out until you click the “Next” button or you will have to repeat the section you have just gone through.
6. When you return, log in as a Returning User and enter the same email address and password you created when you first logged into the course.
7. As a reminder, as part of AlcoholEdu for College, there are survey questions as well as knowledge exams. We hope you find it helpful to see the types of questions your child is faced with during the program; however, please note that it is not essential for you to respond to the questions while taking AlcoholEdu for College.

Need Help? Should you experience any difficulties or require support, the AlcoholEdu Online Technical Support Center is available 24 hours a day, 7 days a week. Simply click on the “Help” button located in the upper right-hand corner of every AlcoholEdu for College screen. You do not need to be logged into the course to access the Help Site.