

Introducing MyStudentBody.com to Carleton Parents and Families



Dear Parents and Families,

Carleton understands that the college experience extends far beyond academics, with the social development skills practiced during these years providing the foundation for future success. Students are faced with many challenges during their college years including exposure to alcohol and drugs. Our dedicated team of educators and college health professionals is always looking for innovative ways to enhance our comprehensive alcohol and drug strategy.

Carleton is pleased to offer MyStudentBody®, a comprehensive program that delivers reliable college health information to students with customizable content across each campus. Developed through work with college students and nationally renowned experts, MyStudentBody tackles the most relevant health issues on college campuses today, including alcohol, drugs, sexual health, nutrition, stress, and tobacco. The MyStudentBody comprehensive program provides students with valuable information, and aims to improve your student's daily life and all around health. **Carleton College requires first year students to complete the MyStudentBody online course about alcohol by September 1, 2010. Upon completion your student can enter a drawing to win a Flip camcorder or a \$75 Target gift card!**

What does this mean for your student?

MyStudentBody features online courses about alcohol and drugs that are used in schools nationwide as a requirement for first year students. Providing online education through a flexible interactive design, the MyStudentBody courses teach students about alcohol, drugs and other addictive substances. The goal of the course is to increase students' knowledge, decrease harmful behaviors, and provide information to help students make good decisions. Students are able to utilize the information learned as a starting point for conversation about alcohol and other drugs.

What does this mean for you?

Students rely on their parents for support and guidance throughout their college career. MyStudentBody-Parent gives you information about how you can help your student face challenges related to alcohol and drugs head on. We encourage you to visit MyStudentBody-Parent for practical suggestions and strategies to ease the transition to school. Video conversations, interactive tools, and school specific information will help you feel more confident while talking with your student. You can access the program by going to <http://www.mystudentbody.com> and creating an account using **knightparent** as the school code.

We are happy to provide this service to you and your students. Please feel free to share any questions or comments that you may have with regard to our on-campus alcohol and drug policy and practices. Together we will help your student succeed!

Sincerely,

Marit Lysne, Director of The Wellness Center

Joe Baggot, Associate Dean of Students

About MyStudentBody.com®

The MyStudentBody comprehensive program is a complete wellness and substance abuse resource that was developed with \$6 million in grants from the National Institutes of Health. MyStudentBody's comprehensive program incorporates scientific principles associated with behavioral change and has been clinically tested for efficacy and user satisfaction. MyStudentBody's content was developed by scientists and is continually updated with cutting-edge, interactive features and current health information. For more information about this innovative online approach, including research results, please visit <https://www.mystudentbody.com/ABOUT/findoutmore.aspx>