



MyStudentBody for Carleton Students:

Welcome Carleton Class of 2014: Although alcohol use does not present a problem for most students, alcohol abuse and experimentation is an issue that affects the entire community. Since most students favor activism and prevention efforts over negativism and disciplinary action, our school is always looking for innovative ways to enhance our comprehensive alcohol strategy and to promote the responsible use of alcohol both on- and off- campus.

Carleton is proud to offer **MyStudentBody** as part of our orientation program. 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. In addition, we hope you use this as a starting point to have conversation with other Carleton students.

Carleton requires first year students to complete the MyStudentBody online alcohol course. You must complete the course by **September 01, 2010**. Here's what you need to know to get started:

1. Go to <http://www.mystudentbody.com> and click **REGISTER NOW** to create your User Name.
2. Put **KNIGHTS** in for your schoolcode and then follow the prompts for demographic and personal information.
3. Use your Carleton username, password and Email when prompted.
4. You will be taken to the MyStudentBody Lobby, where you can access all of our topic areas. Choose any additional topic areas (Alcohol, Drugs, Nutrition, Tobacco, Stress, Sexual Health) you wish to review and follow any prompts you receive.
5. To return to the MyStudentBody Lobby and review a different health topic, click on the round MyStudentBody logo in the upper left corner.
6. **NOTE: Carleton requires you to complete the Alcohol course.** Click on the "Start Your Course" link on the main content page for the Alcohol module and then choose the appropriate course. **You need to review all the alcohol material and pass the post-test with 80% accuracy in order to receive a certificate of completion.**

After you complete the required alcohol course, email your certificate of course completion to mystudentbody@carleton.edu to be **entered into a drawing to win either a Flip Ultra HD camcorder or a \$75.00 gift card to Target!**

MyStudentBody, comprehensive college health suite, is a research-based initiative that is supported by the National Institutes of Health (NIH). MyStudentBody also covers the following health areas: *Alcohol, Drugs (Illicit and Prescription), Stress, Sexual Health and Relationships, Tobacco, and Nutrition*. I hope you will take advantage of this confidential, online resource. It is available to you 24/7. In addition to MyStudentBody.com, there are resources available for support on campus: The Wellness Center, The Dean of Students Office, Student Activities Office, etc. Please make sure to locate these offices when you arrive on campus.

We wish you a relaxing and enjoyable summer. Please feel free to contact us with any questions or comments about the program.

Sincerely,

Marit Lysne, Director of The Wellness Center

Joe Baggot, Associate Dean of Students