WHAT IS MYSTUDENTBODY.COM ALCOHOL (MSB ALCOHOL)?
On college campuses across the country, alcohol use by underage students, binge drinking and its negative impact are of increasing concern. Carleton is no exception. The following excerpt from the Carleton College Student Handbook\(^1\) introduces the philosophy upon which Carleton’s policies on Alcohol and Other Drugs are based.

“Carleton College is committed to promoting responsible behavior regarding the use of alcoholic beverages. As an educational institution, the College provides resources through which students are empowered to inform themselves about the physiological, psychological, and sociological effects of alcohol and other drugs upon the individual and the community.”

**MyStudentBody.com Alcohol** is one such resource. This alcohol prevention and education website is a part of the overall MSB.com suite of programs to which Carleton subscribes. An important aspect of the program is a self-administered risk assessment that personalizes information based on a student’s alcohol-related beliefs, behaviors, and experiences. All incoming students have been asked to visit the site and complete the FIRST-YEAR curriculum prior to arriving on campus this fall.

In addition to alcohol, other components of the site address other issues central to college students, including sexually transmitted diseases, tobacco, stress, drug use, and nutrition. The MSB Alcohol development team consisted of experts in addiction, education, and psychology. College students were also part of the team to ensure that the site would be fun and engaging for students. The website incorporates scientific principles known to influence change in alcohol-related attitudes and behaviors. A central feature of the website is a risk assessment. Here, students answer questions about their own risk beliefs and behaviors and receive individualized feedback based on their responses.

Other parts of the website are personalized to the student based on his or her responses to the risk assessment. Such personalization guides the user to the content areas most relevant to him or her. A multitude of articles, interactive tools, and tips for dealing with tough situations are included with the goal of increasing students’ motivation to limit their drinking. Engaging, animated audio peer stories provide students with an array of coping skills to avoid drinking too much in tempting situations or to avoid alcohol altogether.

Of course, parents are essential partners in the effort to promote responsible choices about alcohol. The information that students will explore through MyStudentBody.com, along with the resources that exist on campus through the Wellness Center and the Dean of Students Office will influence student decisions, but it is also important that your son or daughter is aware of your perspectives on alcohol use.

\(^1\) The Carleton Student Handbook can be found at [http://webapps.acs.carleton.edu/campus/dos/handbook/](http://webapps.acs.carleton.edu/campus/dos/handbook/)

To find out more about MyStudentbody.com Alcohol, please go to mystudentbody.com and select More About MSB.
HERE ARE SOME TIPS TO FACILITATE COMMUNICATION WITH YOUR COLLEGE STUDENT ABOUT ALCOHOL:

- Stay tuned in to your son/daughter. Stay in touch with popular youth culture such as music, media, and apparel, as well as your son’s/daughter’s particular interests and opinions.

- Ask his or her opinion regarding current news items related to alcohol.

- Get informed. Know the alcohol policies of the college. Learn about the alcohol regulations, penalties, and interventions used on campus.

- Set clear and realistic expectations regarding academic performance.

- Support your son/daughter in standing up for his or her right to a safe academic environment.

- Discuss strategies for how to intervene with a friend who has problems with alcohol.

- Be clear about your own values around alcohol. If you drink, present a positive role model around alcohol use.

Additional suggestions are offered by the Century Council in their brochure Parents, You’re Not Done Yet, which may be found online at: www.centurycouncil.org/lib/downloads/parents.pdf