



- 1) **Protect the Rooster**— Make choices that positively reflect on the reputation of Coastal Carolina
- 2) **Take ownership**—Take responsibility for your choices
- 3) **It's about me**—Pursue your education to achieve your own goals
- 4) **It's about others**—Bring "something to the table"
- 5) **Prioritize**— Prioritize activities that will truly make a difference in the long run
- 6) **Eat the frog!**—Do not procrastinate
- 7) **Persevere**— Learn from your mistakes and persevere

Coastal Carolina University

Coastal Carolina University
Counseling Services
843-349-2305
Hours: Monday- Friday
8:30 am- 5:00 pm
[http://www.coastal.edu/
counseling](http://www.coastal.edu/counseling)



Coastal Carolina University
Counseling Services

**Making the Most of Your
College Experience:
Staying Safe from Drugs
and Alcohol**



Coastal Carolina University Counseling Services
204 University Blvd.
843-349-2305
Fax: 843-349-2898
<http://www.coastal.edu/counseling>

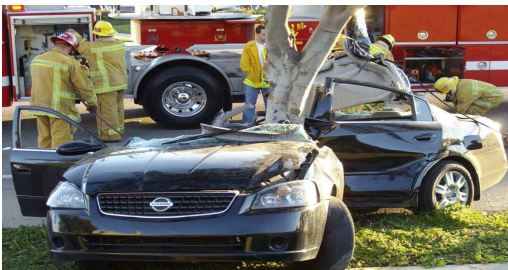
Drugs and Alcohol: Quick Statistics on College Students

Students who engage in high risk alcohol and drug use more likely than others to get injured, be sexually assaulted, fail out of school, and die.

22.9% of students meet the medical definition for alcohol or drug abuse or dependence (a compulsive use of a substance despite negative consequences).

1,700 college students between the ages of 18 and 24 die each year from alcohol-related unintentional injuries, including motor vehicle crashes.

About 25 percent of college students report academic consequences because of their drinking; including missing class



http://www.miami.edu/index.php/student_life/student_services/student_health/pier21/peer_education/tips_on_staying_safe_and_healthy/

http://www.usatoday.com/news/nation/2007-03-15-college-drug-use_N.htm

<http://www.collegedrinkingprevention.gov/StatsSummaries/snapshot.aspx>

Tips to Stay Safe from Drugs and Alcohol



DO set a limit for yourself before going out and having drinks

DON'T go out with people who make you feel uncomfortable about not drinking or using drugs.

DON'T guzzle, play drinking games, or use devices to consume alcohol more quickly

DO eat before and during drinking alcohol

DON'T leave your drinks unattended, let someone else get your drink for you, or drink from a punch bowl

If someone offers you drugs just say "NO!"

Do NOT use prescription drugs that are not prescribed specifically for you.



Coastal Carolina University Counseling Services

Counseling Services, which is located in the Student Health-Counseling Services Building, 204 University Blvd., offers a variety of counseling services to students. This program is designed to offer education, prevention, and intervention services in support of student achievement. Referrals to community agencies are facilitated when appropriate. Confidentiality is maintained according to professional standards.



Availability of Alcohol
+ Absence of Parents
+ Desire to fit in

= Potentially risky
drinking decisions

-The Century Council