



To the Class of 2013:

University life offers an infinite number of opportunities and choices, and for many, a new level of independence. National studies confirm that choices regarding the use of alcohol can significantly affect students' residential and academic experience. Tragic national headlines remind us that beyond simply a "rite of passage," alcohol abuse can have life-changing and even life-ending consequences.

Fortunately, at IWU, the vast majority of students make wise choices regarding the use of alcohol. One third of our students choose not to drink alcohol at all. Others choose to drink legally and in moderation. Those who use in excess are certainly in the minority at IWU. To encourage these trends to continue and improve, in addition to enforcing specific alcohol policies, IWU will remain proactive in providing students the information they need to make informed, healthy choices.

As in numerous other areas, alcohol education is an important example of how IWU strives for excellence, follows best national practices, and uses methods that have been demonstrated effective.

One such proactive method is My Student Body, an on-line program designed to help students examine personal beliefs, behaviors and consequences, while highlighting prevention education through interactive tools, peer stories and informational pieces. It is an expectation that all first-year students will complete this program prior to registering for housing. To access this program:

1. Go to mystudentbody.com.
2. Click on "create an account."
3. Fill out the demographics. The school code is titan.
4. Once you complete the demographics, click on the "Alcohol" site, then click on "Courses - As a requirement."
5. Finally, click on "First year."
6. Complete the program including the satisfaction survey and print out your certificate of completion. This program will take you only about 30 minutes.

I hope that this website will provide you some valuable information and an opportunity to reflect on your own choices. Perhaps the site will raise thoughts or questions to discuss with parents and friends before coming to IWU. I wish you a happy, healthy transition to university life.

Sincerely,

Kathy Cavins, Ph.D.
Vice President for Student Affairs