August 2011 – LIVE REAL Mentor Listserv Email

Hello LIVE REAL Mentors,

August is here, which means we are gearing up for the start of the academic year. Knowing that the first few weeks of the semester can be both exciting and stressful for new students, a wide variety of activities have been planned to help our first-year students adjust to their new environment and make low-risk decisions related to substance use. Here is a sneak peek at some upcoming events and programs:

- **Welcome Week!** Check out a few of the great events planned to welcome students to campus:
  - Saturday, August 20th: Club NDSU starts at 9:30 p.m. in the Memorial Union Lower Level. This is one of the hottest events of the year, and all students who attend will receive a Before One More t-shirt!
  - Sunday, August 21st: RHA Luau from 6-9:30 p.m.
  - Monday, August 22nd: Street Dance at 9:00 p.m.
  - Thursday, August 25th: Hypnotist @ Festival Concert Hall, 8:00 & 10:00 p.m.
  - Friday, August 26th: MU Live Outdoor Movie, 7 & 9:30 p.m.

- **MU Live and Campus Live!** Every Friday and Saturday throughout the academic year, students can enjoy late-night activities on campus. Events include movies in Century Theater, Grocery Bag Bingo, Events at the Wallman Wellness Center, RHA’s Blacklight Underground, and Club NDSU! These events are FREE and open to all NDSU students.

- **eCHECKUP TO GO:** our new students will face decisions about drinking as they make the transition to college life. To help them make low-risk decisions, **all first year students are required to complete eCHECKUP TO GO**, a brief interactive online activity that provides students with feedback about their personal risk factors should they choose to drink and outlines NDSU’s policies regarding alcohol use. As you interact with new students this semester, I encourage you to engage them in conversation regarding the eCHECKUP TO GO and reinforce the importance that they complete the activity. If you are interested in learning more about eCHECKUP TO GO, check it out at [http://interwork.sdsu.edu/echug2/NDSU](http://interwork.sdsu.edu/echug2/NDSU) or contact Erika.Beseler@ndsu.edu with questions.

**LIVE REAL Mentor Program Updates:**

As mentioned earlier this summer, there have been a few changes to the LIVE REAL Mentor program for this Fall, based on the feedback of our mentors. These changes include:

- Additional information on alcohol and other drug use at NDSU
- Myths and facts about marijuana use
- Discussion of a real-life scenario involving a student needing help with AOD-related issues
- More information regarding how to make referrals
- A marijuana-specific LIVE REAL Mentor Training program (more details to come!)

Many of you also indicated you would like a refresher of the information covered in training. Please see the attached brochure for a review of training material. And don’t forget that you are always welcome
to attend another training session for a refresher as well. Watch your email for a list of Fall LIVE REAL Mentor Training sessions – coming soon!

Have a wonderful August!