Salutations LIVE REAL Mentors!

While I’m sure it needs not mentioning, this summer is passing quickly. The 2015-2016 school year is weeks away, and we (along with many other offices on campus) are busy getting ready to welcome new students to campus and to greet returning students as they enter another year. The first few weeks can be both exciting and stressful for all students, and a wide variety of activities have been planned to help get everyone adjusted into the upcoming school year. Last year there were over 18,000 students in attendance at over 25 campus events, and there are plenty more events already planned for this year. Here is a sneak peak of upcoming events everyone can begin to look forward to:

- **Welcome Week!** There are plenty of events planned for the first week of the fall semester! Some of the most popular events include:
  - **Saturday, August 22nd**
    - Club NDSU starts at 9:30 pm in the lower level of the Memorial Union. Last year thousands of students attended Club NDSU, and the first event of the year tends to be the most popular. Come and meet up with old friends or meet new ones!
  - **Sunday, August 23rd**
    - The *Hypnotist* is back, and is also one of NDSU’s most popular events of the school year. Don’t miss this event in the Festival Concert Hall, FREE for all students.
  - **Thursday, August 27th**
    - Don’t miss the NDSU Residence Hall Association Block Party starting at 7:00 pm on the west entrance of Pavek and Seim Halls!
  - **Friday, August 28th**
    - The annual *Street Dance* will start at 9:00 pm on Administration Avenue near the Memorial Union.
    - Immediately after the Street Dance, the *Campus LIVE: Street Dance After Party* will begin in the lower level of the Memorial Union.

- **LIVE REAL Mentor Program Updates:**

  We have officially set all of our dates for the upcoming LIVE REAL Mentor presentations for the 2015-2016 school year! We will offer **three** Basics sessions, and will see the return of many of our most popular presentation including the marijuana-specific session, the family and genetic factors session, and the alcohol & sexual violence session that we will co-present with the Student Life office! Below are all of the dates along with a hyperlink so you can easily add them to your calendar!

![LIVE REAL MENTOR Basics Session](image-url)
An introduction to the LIVE REAL Mentor Program. Participants will learn about the effects of high risk alcohol and drug use and how to take steps to promote an environment of safe and responsible attitudes toward alcohol at NDSU. These sessions are open to all NDSU students, staff, and faculty.

- Wednesday, September 30th, Noon
  - Room of Nations, Memorial Union
  - Add to Calendar

- Wednesday, December 2nd, Noon
  - Prairie room, Memorial Union
  - Add to Calendar

- Wednesday, February 24th, Noon
  - Prairie room, Memorial Union
  - Add to Calendar

**LIVE REAL Mentor Marijuana Session**
Attendees will learn about the basics of marijuana, use rates at NDSU and nationally, and how to challenge myths and assist those struggling with use. These sessions are open to all NDSU students, staff, and faculty. Participants do not need to have previously attended the LIVE REAL Mentor Basics program.

- Wednesday, October 14th, Noon
  - Meadow Lark room, Memorial Union
  - Add to Calendar

- Wednesday, March 23rd, Noon
  - Mandan room, Memorial Union
  - Add to Calendar

**LIVE REAL Mentor Alcohol & Sexual Violence Session**
Attendees will learn about the relationship between alcohol and sexual violence. Social norms regarding sexual behavior and alcohol will be discussed, along with the impact of alcohol on both victims and offenders and the role of alcohol in victim blame. This session is open to all NDSU students, staff, and faculty. Participants do not need to have previously attended the LIVE REAL Mentor Basics program.

- Wednesday, April 13th, Noon
  - Arikara room, Memorial Union
  - Add to Calendar

**LIVE REAL Mentor Parent & Caring Adult Session**
Attendees will learn about research related to parental modeling and messaging regarding alcohol and other drug use. Tips for talking with children of all ages about drinking and drug use will be discussed and resources for ongoing education will be shared. This session is open to all
NDSU students, staff, and faculty and all community members. Participants do not need to have previously attended the LIVE REAL Mentor Basics program.

- Wednesday, January 27th, Noon
  - Mandan room, Memorial Union
  - Add to Calendar

**LIVE REAL Mentor Family & Genetic Factors**
Attendees will learn about the role that family factors and genetics play in substance abuse and addiction. Risk factors and coping mechanisms for family members and friends of individuals with addiction will be discussed. Participants do not need to have previously attended the LIVE REAL Mentor Basics program.

- Wednesday, November 18th, Noon
  - Rose room, Memorial Union
  - Add to Calendar

**LIVE REAL Mentor Advanced Session**
Level 2 Training for LIVE REAL Mentors. Participants should have completed the LIVE REAL Mentor Basics program. Attendees will develop an increased understanding of the role of mentors in referring individuals for assistance with substance abuse concerns, gain knowledge of the stages of change, and an increased confidence in recognizing and referring individuals of concern. This will be a 3-hour session incorporating skill-building sessions and participant interaction. Please RSVP to Christopher.Held@ndsu.edu if you wish to attend.

- Wednesday, December 9th, 9:00 am
  - Peace Garden room, Memorial Union
  - Add to Calendar

- Wednesday, February 17th, 9:00 am
  - Peace Garden room, Memorial Union
  - Add to Calendar

Best of luck with the upcoming school year!

Chris Held
Graduate Assistant, Alcohol and Other Drug Abuse Prevention Student Success Programs
NORTH DAKOTA STATE UNIVERSITY