Hello LIVE REAL Mentors,

We have good news to share! The results of the 2012 CORE Alcohol and Other Drug survey are now available and NDSU students are using marijuana at lower rates and experiencing fewer negative consequences related to their alcohol and other drug use. Here are some highlights of the CORE results:

- The percentage of students using marijuana in the past 30 days is down from 11.4% in 2010 to 9.5% in 2012
- Past 30 day use of all illegal drugs other than marijuana (including non-medical use of prescription drugs) is below 2%
- Alcohol use rates remained consistent or increased slightly from 2010 to 2012
- 18 of 19 negative consequences have decreased since we started measuring (one consequence remained the same); most notably, the percentage of students that reported driving a car while under the influence has decreased from 48.8% in 2001 to 24.1% in 2012
- The vast majority of students indicated their parents’ expectations or rules about alcohol (84%), tobacco (84.8%), or other drugs (89.5%) are an effective way to limit their consumption
- Increases in the percentages of students who have knowledge of AOD prevention programs on campus (65.1%, up from 41.0% in 2010) and are actively involved in prevention efforts (10.0%, up from 9.4% in 2010)

For more information, check out the full summary of 2012 CORE results.

In other news, the LIVE REAL Mentor Train the Trainer session is back by popular demand! Any current mentors who are interested in learning how to facilitate future LIVE REAL Mentor training sessions are encouraged to sign up for this two-hour training. The session will provide additional information about the background of the program, the effects of alcohol and other drugs, and step-by-step instructions for presenting a LIVE REAL Mentor session. Here are the details:

- Wednesday, March 20th, 3:00 – 5:00 p.m., ACE Tutoring Center Conference Room (Lower level, West Dining Center)
  - Please RSVP to Erika.Beseler@ndsu.edu by Thursday, March 7th

Let me know if you have any questions about the CORE results or Train the Trainer session.

Best,

Erika

Upcoming LIVE REAL Mentor Sessions:

- Basic Session: Wednesday, February 27th, 4:00 – 5:00 p.m., Rose Room, Memorial Union
- Train the Trainer Session: Wednesday, March 20th, 3:00 – 5:00 p.m., ACE Tutoring Center Conference Room (lower level, West Dining Center)
  (Please RSVP to Erika.Beseler@ndsu.edu by March 7th)
- Marijuana Session: Thursday, March 21st, 4:00 – 5:00 p.m., Rose Room, Memorial Union
Advanced Session: Wednesday, April 10th, 1:00 - 4:00 p.m., Mandan Room, Memorial Union
(Please RSVP to Erika.Beseler@ndsu.edu by April 3rd)