Hello LIVE REAL Mentors,

I hope you are enjoying the summer and had a safe and enjoyable Fourth of July! On campus, we are in the midst of new student orientation and planning for the upcoming academic year. One area that is getting some attention is preventing and addressing marijuana use among college students. Though marijuana use at NDSU is still relatively low in comparison to NDSU student alcohol use rates and national marijuana use rates, it is important that our campus community be aware of the risks and consequences related to marijuana use.

As part of our campus effort to increase knowledge and awareness of the effects of marijuana use, a webinar was held on June 8th. Dr. Jason Kilmer from the University of Washington’s Center for Alcohol and Addiction Studies presented “From ‘the Munchies’ to Memory Problems: What the Research Says About Marijuana.” A recording of the webinar is available at http://www.myvsl.com/WebConference/RecordingDefault.aspx?c_psrid=E951DC87844B. I would encourage you to review the webinar, as Dr. Kilmer’s presentation was both informative and entertaining. Highlights of the webinar include:

- Is marijuana really a stress-reducer? Find out the impact marijuana use has on the sleep cycle and resulting stress and anxiety levels.
- What really causes the munchies? And will Cheetos actually satisfy those cravings?
- Ever heard that smoking marijuana is less harmful than smoking cigarettes? Smoking ONE marijuana joint has the same impact on lung capacity as smoking 16 tobacco cigarettes...
- What issues will need to resolved if marijuana were to be legalized?
- What actually happens when marijuana is mixed with other drugs, such as alcohol?
- How can we effectively frame conversations about marijuana use with students?

Watch for more information to be presented this Fall related to dispelling myths and addressing college student marijuana use, and as always, please let me know if you have any questions.

Have a wonderful day!

Best,

Erika