

Take a minute for prevention

As members of the faculty you hold a unique position in being part of the everyday lives of Gwynedd Mercy University students. Below are a few suggestions of how best to use your classroom as a means for educating students on alcohol-related issues.

USE YOUR SYLLABUS:

As you create your syllabus & set norms and expectations for student behavior, consider including information on the effects of alcohol misuse on academic performance. When scheduling assignment due dates, opt for mid day submissions as opposed to late night to encourage students to have a healthy sleep cycle.

DEBUNK STUDENT MISPERCEPTIONS

Research clearly shows that students have many misperceptions concerning the role of alcohol use in the lives of other Gwynedd Mercy students. Students consistently overestimate the amount of alcohol their peers consume, including frequency of consumption, participation in at-risk drinking (e.g., chugging, drinking games), & the frequency of negative consequences (e.g., missing classes, hangovers). You can make a significant impact by being knowledgeable about actual alcohol use statistics and avoiding statements that might reinforce these misperceptions. Please become familiar with the GMercyU AOD facts & statistics.

MONITOR PERSONAL LANGUAGE

Avoid promoting or glorifying alcohol abuse, specifically as a coping skill, or escape mechanism.

TAKE ADVANTAGE OF TEACHABLE MOMENTS

Use serious situations as teachable moments. When alcohol-related events occur in the media or discussions come up in the classroom, take the opportunity to discuss alcohol. For example, discuss appropriate behavior, balancing social & academic life, the effects of alcohol use on academic performance, or challenge misperceptions concerning the role of alcohol in campus life.

SCHEDULE A CLASS PRESENTATION

If you need to be away from class, schedule a class presentation on alcohol instead of canceling the class. You can contact the AOD Counselor at AOD@gmercyu.edu or ext. 21395. Please note that at least 2 weeks' notice is necessary for the counselor to prepare & make adjustments to schedule & availability cannot be guaranteed.

TAKE A FEW MINUTES IN CLASS

By being vocal about alcohol issues, faculty can play an important role in raising awareness. Faculty can use opportunities such as current events & upcoming campus events to speak out about alcohol issues as they relate to class topics, student conduct, & academics. The AOD Counselor e-mails faculty about upcoming dances/events so you can remain informed & address with your students.

OFFER EXTRA CREDIT

The counseling office typically offers psychoeducational events to students every month around alcohol & other drug safety, offering extra credit to students will help boost student attendance, allowing students access to more information that will help them make informed decisions surrounding drugs & alcohol

BRING IT UP DURING ADVISING

Advising activities present an excellent opportunity to address alcohol related issues. Bring up the issue of alcohol use with your advisees and determine if alcohol may be having a negative impact on their academic performance

ENCOURAGE HELP SEEKING

Too often, students in trouble do not ask for help directly, but faculty members are in a unique position to offer help in the way of a referral to assessment or counseling services. Close contact between faculty & students may be used as a vehicle for identification & referral of students with alcohol problems to appropriate services on campus or in the community.

MAKE CONNECTIONS WITH STUDENTS

Faculty on many campuses are involved in their students' lives beyond the classroom, serving as advisors, dining with students, or inviting a group of students to their homes for an end of the semester celebration. This involvement encourages stronger connections between faculty & students.