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Center for Cadet Counseling

ccc

The VMI Standard

A Publication of the VMI Cadet Peer Educators

October: National Collegiate Alcohol Awareness Week (NCAAW)

We cannot deny that Alcohol is a part of College Life, and VMI is no different when it comes to the Corps of Cadets. Although VMI is listed as a "dry campus," those of us within the walls of barracks are well aware that this is not the case. Cadets watch their peers at civilian colleges party and drink on a regular basis, and we envy their freedoms and ability to partake at the legal drinking age. As a result, when actually presented with an opportunity to drink, most cadets make up for lost time and drink much more that the safe amount.

This month, the Cadet Peer Educators (CPE) are striving to curb this behavior. October brings National Collegiate Alcohol Awareness Week. We are not intending to admonish cadets who drink nor are we intending to label cadets as alcoholics. Even though we are at VMI, we are still in college and alcohol is a recognized aspect of the collegiate culture. What we are attempting to do is make cadets aware of their personal limits, alcohol safety measures, and promoting the Brother Rat Spirit when it comes to drinking. We can still have fun and be safe.

October 6 is Anxiety and Depression Awareness Day. Look out for more information!

NCAAW is October 17-20

Halloween Safety!

You have loved Halloween since you were a young child. The night used to be based around toting your ten pound bag full of candy from house to house for hours and trying to scare the kids younger than you with your ugliest mask. Now that we are grown, the parties of the night are the highlight of your year. Unfortunately, Halloween also comes with its risks in college. Please keep these tips in mind when attending a party

Cadet Peer Educators

Kaity Harrison– CIC	2012
Amanda Berrios—CIC	2012
Kayla Johnson– ACIC	2013
Jacob Macintyre	2012
Chad Sussman	2012
Jacob Znachko	2012
Jonathon Hampton	2013
Corinne Lariviere	2013
Rhyne Seward	2013
Ben Sykes	2013
Samantha Alpert	2014
Heather Haag	2014
Mary Schriver	2014

Check out the new Cadet Counseling website off of the Health and Safety Page or visit:

www.vmi.edu/counseling

To contact CCC please call our office at

Ph: (540) 464-7667,

visit us in the Post Hospital, or contact a CPE in Barracks.

BE SURE TO CHECK OUT THE VMI SELF-ASSESSMENT ON OUR WEBSITE!

*you may learn something about yourself ┘ *

Tips To A Safe Halloween:

1.) **Always keep an eye on who comes in to the party**, and be wary of anyone in a police costume or with "weapons." Make sure the weapons included in the costume are actually fake.

2.) If you're at a basement or house party, **make sure you know where the doors and exits are located.**

3.) Your costume may be sexy, but always **be aware of the others who may want to take advantage of you because of your provocative costume.**

4.) **Watch the amount of alcohol you consume!** Countless mistakes are made when in costume, and you don't want to make a mistake because you drank too much and made assumptions about another person at the party.

5.) Also, always **have a designated driver** or a place to stay if you plan on drinking alcohol. If walking, make sure to have a friend with you at all times.

6.) And finally, just as your mom always told you when you were younger, **don't trust strangers.**"Stranger, danger"

Have a fun & safe Halloween!

Share the facts that most students drink lower-risk levels. Did you know that VMI cadets on average consume 0-3 drinks per week.

Designate a sober driver, never drive after drinking or ride with a driver who has been drinking.

Plan your night out: Set limits and communicate them to your friends or your Ring Figure date.

0 = If you are underage, driving, pregnant or on medication that prohibits alcohol consumption

1= one drink per hour (1 drink = 12 oz beer, 5 oz wine or 1.5 oz shot)

1-2 = no more than 1-2 times per week;

3-4 = total number of drinks on any one occasions;

And remember that abstinence is always an option.

Call for help if you or a friend is in an unsafe situation or if you are concerned about alcohol poisoning.(911) or take them to the post infirmary if able.

Talk to your friends if you are concerned about his/her drinking.

Respect your BR's and your date's decision not to drink or their decision to drink in moderation.