Dear Incoming Middlebury Students,

Among our fundamental priorities at Middlebury College are student health and safety, and the building of a supportive, respectful community. Our policies are designed with these values in mind. Thus, this year we are requiring all incoming students to take three brief but informative on-line courses before they arrive on campus: these courses address alcohol use, drug use, and sexual violence. We focus on these areas of concern because both national and local data suggest that they are areas of heightened risk for new students on campus.

Please see the information below under the heading “MyStudentBody” for instructions about these courses; you are required to take these courses before arriving on campus.

In addition, we want to share some important information about alcohol at Middlebury College. Although alcohol use does not present a problem for most students, it is a problem for some, and first year students are disproportionately at risk for the negative consequences of alcohol. Recent on-campus studies indicate that the number of students who misuse alcohol at Middlebury, including first year students, is higher than national averages. All of us—faculty, staff and students—are concerned about these findings.

Once on campus, you will enter an active conversation among faculty, staff and students about alcohol. For example, last spring we co-led a forum with President Liebowitz in which over 300 students participated in a discussion of the role of alcohol on campus. We anticipate more conversations this fall about the relation of alcohol to student social life. One thing is clear: dangerous misuse of alcohol, and the disrespect of people and property that sometimes ensues, is unacceptable to all of us. We must work together to reduce problematic drinking and to obtain appropriate help for students who go too far.

If you choose to drink at Middlebury, your decisions regarding alcohol warrant thoughtful consideration. Drinking alcohol under the age of 21 is illegal in Vermont, and the College does not and cannot protect students from legal action if they engage in underage drinking. Providing alcohol to underage students or other minors is also illegal, and both State and local police departments actively pursue those who facilitate underage drinking, as do Vermont courts. Underage drinking is also against College policy, and you should become familiar with these policies as listed in the College Handbook. Students who repeatedly violate our alcohol policies, or who engage in a pattern of irresponsible drinking, will be subject to official discipline and may be dismissed from the College and/or medically withdrawn and sent home for appropriate treatment.

What can you do? If you don’t drink, don’t feel pressured to start. Almost 20% of our students (across all classes) do not drink, and almost 60% drink lightly or moderately most of the time. However, many students do drink and too many students drink to excess. By the end of January last year several first-year students had been taken to Porter Hospital with signs of potential alcohol poisoning, and thus were at significant medical risk. Drinking to that level is dangerous and it’s just not smart. If you choose to drink at Middlebury, be very careful about what you drink, with whom you drink, and how fast you drink. If you drink, know the potential consequences. If others around you are drinking, take steps to discourage them from putting themselves or others at risk.

You will make many new friends at Middlebury—keep an eye on them and keep them safe, and ask them to do the same for you. Take steps to prevent alcohol abuse and quickly step up and help anyone who seems to be drinking too much. During orientation we will identify and discuss together ways to do this effectively.

MyStudentBody

Before you arrive, however, we want you to explore information about alcohol (as well as drugs and sexual violence) more closely. MyStudentBody features online courses about these topics; the courses are used in schools nationwide as a requirement for first year students. The goal of the courses is to increase students’ knowledge, decrease harmful or risky behaviors, and provide information to help you make effective decisions. Altogether, the courses take about 90 minutes or so to complete.
Middlebury requires first year students to complete the MyStudentBody online courses by September 3, 2011. If you are an international student with limited access to the Internet you are required to take the course as soon as you arrive on campus. Here’s what you need to know to get started:

**To create an account and view the MyStudentBody program:**

1. Go to [http://www.mystudentbody.com](http://www.mystudentbody.com) and click on the register button. You will be asked to enter our school code, which is **middleburypanthers**. You will then be asked to create a username—we suggest you use something easy like your Middlebury e-mail address, but it’s up to you—and a password of your choice. (Note: This school code is for students only—parents who want to use the site should use the code **middleburyparent**).

2. Mark the box to confirm you agree to abide by the Terms of Use.

3. After creating your account, you will be asked some identifying information such as your name and year in school and some demographic questions. None of this information will be linked to your responses to any questions in the course.

4. After completing these two pages of questions, you will be able to access all areas of MyStudentBody. Review all items of interest.

**To take the MyStudentBody Essentials Course:**

1. Click on the My Stuff tab near the top of the page and select Take Now under the orange header labeled Essentials. You are required to take the Alcohol, Drug, and Sexual Violence sections of the Essentials courses, and complete them by September 3, 2011 with a passing score of 70.

2. View the short introduction video explaining the courses and then click the Continue button. **If you’re hearing impaired, please click the button labeled Download Transcript for a transcript of the video.**

3. Select the Alcohol, Drugs, or Sexual Violence Start button to begin the courses. You will return to this page after completing each topic. MyStudentBody will guide you through Rate Myself Assessments, Pre-Test, Course, and Post-Test, for each topic area. You can see your progress through each section in the progress bar at the top right corner. **Do not click the Back button in your browser once you’ve started the course or you will lose your progress—a pop-up box will appear to remind you of this before going back.**

4. Answer the Rate Myself Assessment questions. This section will contain Yes-or-No questions and questions on a scale. After clicking Continue, you will be presented with feedback, which you can print by clicking the Print button at the bottom of the page or you can click Continue to move on.

5. Answer the Pre-Test questions. This section will contain multiple choice questions to test your current knowledge of the topic area (Alcohol, Drugs, or Sexual Violence). View your results and then click Continue.

6. On the course material page, click on each article, tool, and video to view the content. When reviewing articles, please click on the Back to Course Material button to make sure you get credit for reviewing the item. After you have successfully viewed the content, the heading will become checked off.

7. Once you complete the three Essentials Courses with a passing score (70), you are all done. Note that there are many additional resources on the MyStudentBody website that may be of interest to you now or after you arrive. The website will be available for your use all year. For information about health services at Middlebury see the College’s [Health](http://www.middlebury.edu/health/) and [Counseling](http://www.middlebury.edu/counseling/) web pages.

We hope that your remaining weeks of summer are restful, and we look forward to seeing you in September.

Sincerely,

Shirley M. Collado, Ph.D.  
Dean of the College and Chief Diversity Officer

Augustus E. Jordan, Ph.D.  
Executive Director, Health and Counseling Services

CC: First year parents