

What are the consequences for alcohol violations?

- At a minimum, any student found to be in violation of the university rule or policy regarding alcohol will have an incident report written and submitted to the Dean of Students and will be required to attend a disciplinary conference with the Dean of Students or a designee to determine an appropriate course of action.
- Sanctioning will be determined by each individual incident and the outcome of the disciplinary conference. However, a student may be required to participate in any of the following: community service, alcohol education, alcohol assessment, mandatory fee, probation or suspension, and/or restitution.

What can I do to help?

- Stay involved! Just because your son or daughter is off at college does not mean that they are out of your life. You can still have a major influence on the choices they make and remaining involved will help you know when something is wrong.
 - Call or e-mail, and check in at least once a week.
 - Visit when possible, such as during Parent's Weekend.
 - Ask about their grades, especially at midterms (October/March) and at the end of the semester. Although not a perfect correlation, higher alcohol use is associated with academic underperformance.
 - Discuss their academic goals as well as your expectations regarding their academic performance and behavior. This should occur as soon as your son or daughter departs or arrives on campus. Revisiting this discussion may be necessary!
 - It may not be beneficial to glamorize your own memories or experiences related to alcohol patterns and behaviors while you were in your youth.
 - Ask about their classes, roommates and activities so you can get a better feel for the ways in which they have adapted to college life.
 - Discuss topics such as the available activity options at Florida Tech, time and money management, and methods to refuse alcohol.
 - If your parental intuition suggests that something has changed in your son or daughter's behavior and personality at Florida Tech, don't ignore these feelings. Although it may not be alcohol-related, depression, anxiety, homesickness, excess stress, doubts about major and self-esteem issues are common during the first several years of college.

In what way can poor choices with alcohol affect a student's future?

- A student must maintain a minimum GPA of 2.0 and complete an adequate number of credits in their first year (24 credits) to continue obtaining federal loans, scholarships and good standing at Florida Tech. Alcohol use is consistently associated with academic underperformance in national research.
- Alcohol poisoning can be fatal.
- Aeronautic students involved in alcohol incidents may jeopardize their status with the FAA and associated flight training.
- Employers, particularly in the technical and engineering fields, are increasingly denying employment and/or security clearance as a result of alcohol-related violations that occur while in college.
- Alcohol use may increase the chances of unplanned pregnancy, STDs from unprotected sex, sexual assault, physical injuries and health-related damage.
- Make sure your son or daughter knows about the consequences of underage drinking, using false identification, public drunkenness and driving under the influence. Many times, these offenses are significant enough to be placed on the student's permanent criminal record.

- If you are concerned about your son or daughter, contact someone on campus, whether it is at Counseling and Psychological Services, the Health Center, the Dean of Student's Office or a coach if they are an athlete.
- If you had concerns about your son or daughter's alcohol use and associated behavior in the past, it is best to err on the side of caution and be proactive by consulting with someone on preventive tactics that can be utilized.

Where can my son/daughter go to get help?

- Counseling and Psychological Services (CAPS) offers FREE and CONFIDENTIAL counseling services to all students at Florida Tech. Also, the CAPS Web site (www.fit.edu/caps) offers FREE anonymous online alcohol screenings and resources. Students can call (321) 674-8050 or come into the center to make an appointment. CAPS is located on the corner of Country Club Road and University Boulevard, adjacent to the Health Center.
- If you are concerned about your son or daughter, and he/she has not taken the steps to get the help needed, contact Counseling and Psychological Services (CAPS) to speak with a counselor who can follow-up with your concern.

Where can I go for more information?

- Visit the following Web sites for more information about alcohol abuse among college students and what parents can do to help:

www.fit.edu/caps

www.collegedrinkingprevention.gov

www.higheredcenter.org/parents

- The Florida Tech *Student Handbook* details all university policies that pertain to your son or daughter while attending here, including alcohol issues. A copy of the handbook can be found at

www.fit.edu/studenthandbook/StudentHandbook.pdf

Counseling and Psychological Services (CAPS)

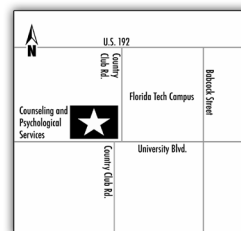
CAPS is a counseling facility operated by Florida Institute of Technology's School of Psychology. Its goals are to promote the best possible academic, vocational and emotional health. Our services are available to students and their immediate families. Call CAPS at (321) 674-8050.

Center Hours

Monday–Thursday, 9 a.m. to 5 p.m.

Location

Intersection of Country Club Road and University Boulevard, west of Babcock Street



For additional counseling, academic success resources and helpful articles, visit www.fit.edu/caps or call 674-8050.

What Parents Need to Know About College Drinking



Florida Institute of Technology
Counseling and Psychological Services

What Parents Need to Know About College Drinking

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The transition to college can be an exciting and monumental experience for both incoming students and their parents. It is an opportunity to meet new people, live in a new place and explore new areas of study. However, many times the transition to college also brings about difficult decisions students have to make. One decision often faced by college students within the first few weeks of school is drinking alcohol. In fact, the first six weeks of school are crucial for a college student, because they often have more free time than they are accustomed to and the pressures to fit in and meet friends may cause them to engage in irresponsible drinking during this time. Unfortunately, engaging in irresponsible and heavy drinking can have a tremendous negative impact on students' future success in college. Based on national research, although fewer college students are choosing to drink alcohol, heavy or "binge" drinking remains a significant problem for those who do consume alcohol while at college. We hope the following information will be useful for you in discussing this important topic with your son or daughter.

Florida Tech supports all federal, state and local laws regarding alcohol, including the following:

- It is illegal for students under the age of 21 to drink or possess beer, wine or liquor.
- It is illegal for any person to possess an open container of alcohol in a public place or in a motor vehicle.
- It is illegal for students under 21 to possess, create, sell or distribute a fake ID. In Florida, this is a second-degree felony.

What is the TRUTH behind college drinking?

- Four out of five college students drink alcohol and almost 50% engage in heavy alcohol consumption on a regular basis.
- 31% of college students meet the criteria for a diagnosis of alcohol abuse, and 6% meet the criteria for alcohol dependence.
- At least 1,400 student deaths per year are linked to alcohol.
- Over 500,000 students are unintentionally injured under the influence of alcohol each year.
- 95% of all campus violence is alcohol-related.
- 90% of all reported campus rapes occur when alcohol has been used by either the assailant or the victim.
- More than 100,000 college students between the ages of 18 and 24 report having been too intoxicated to know if they consented to having sex.
- Between 1.2% and 1.5% of college students reported that they have attempted suicide within the past year as a result of drinking or drug use.
- Approximately 28% of all college dropouts acknowledge alcohol abuse problems.
- 25–40% of college students reported academic consequences that resulted from their drinking, including missing class, falling behind and receiving lower grades.

- Younger people are less sensitive than older adults to the effects of alcohol on alertness, which often causes them to drink longer without feeling drowsy. This often results in them being more vulnerable to alcohol poisoning, which can be lethal.

How much do college students really drink?

- 52% of college drinkers drink with the sole intent to get intoxicated.
- Students younger than 21 consume almost half (48%) of the alcohol that all undergraduate students report drinking.
- Approximately two in five college students (44%) are classified as binge drinkers.
- The gender gap between males and females has been narrowing, with females consuming alcohol at a much higher rate than in the past.
- College students do consume alcohol at a higher rate than their peers not attending college.

How much is "too much"?

- Binge drinking is defined as males who drink five or more drinks and females who drink four or more drinks in succession, on one occasion, usually with the sole purpose of becoming intoxicated (one drink=half an ounce of alcohol, e.g., one 12-oz. beer, one 5-oz. glass of wine or one 1.5-oz. shot of liquor).
- 50% of male students and 40% of female students binge drink.
- Drinking becomes problematic when:
 - It interferes with a student's ability to fulfill major obligations in school, work and/or home.
 - It is consumed to escape reality, boredom or loneliness.
 - Blackouts and/or alcohol-induced amnesia are experienced.
 - Medical attention due to alcohol consumption is required.
 - Increased risk-taking behaviors occur under the influence.
 - A negative and more oppositional personality quality develops once the student becomes involved in regular alcohol use.
 - Alcohol and associated activity become more of a focus than obtaining a college degree from Florida Tech.

Why do college students abuse alcohol?

- Escape from school, work, financial or relationship stressors
- Compensate for low self-esteem and shyness in social settings
- Cope with a physical or psychological illness (e.g., anxiety or depression)
- Substitute for satisfying relationships
- Peer pressure and the desire to "fit in"
- Media portrayal of alcohol use being "in" and the "norm" at college

Who is most likely to abuse alcohol?

- Males
- Whites
- Athletes
- Members of fraternities or sororities
- First-year college students

Will I be notified if my son/daughter gets caught drinking?

Parental notification following alcohol violations has proven to be a powerful tool for addressing parental and

institutional concerns regarding the increase in alcohol use among college students. Although a phone call regarding your son or daughter may be experienced in a variety of ways (i.e., embarrassment, disappointment toward your son or daughter, frustration at Florida Tech for our policies, anger that your son or daughter did not have an apparent problem with alcohol while living at home), in general, parents are appreciative of the parental notification policy. From their own experiences with friends, family or personal experience, many parents recognize the challenge of changing behavior when the level of awareness, cooperation, acceptance or insight is dramatically less than for those who are concerned about the behavior.

In the case of alcohol, in order to successfully intervene with our college students at an early point, we need your assistance as a parent. Additionally, other concerned individuals on campus (i.e., coaches, professors and residence life staff) may become involved at some point and play a positive role in your son or daughter's success at Florida Tech. Based on past experience, many students who have a minor alcohol violation and are processed through this type of protocol do not have a repeat offense. We appreciate your involvement in the parental notification process and remain open to hearing your perspective as a concerned parent.

Florida Tech reserves the right to notify parents and/or guardians of dependent students (as defined in 26U.S.C. s. 152 of the IRS Code of 1954) if the university determines that a student violated a university rule or policy regarding alcohol or other drug use under any of the following circumstances:

1. Student is required to be transported to a medical facility and treated because of alcohol and/or other drug use.
2. Student has caused harm to himself/herself or another while under the influence of alcohol and/or other drugs.
3. Student was arrested or taken into custody by police while under the influence of alcohol and/or other drugs.
4. Student was responsible for vandalism or other destruction of property while under the influence of alcohol and/or other drugs.
5. Student was operating a vehicle while under the influence of alcohol and/or drugs.
6. Information regarding the student is needed in connection with an emergency to protect the health or safety of the student or other individual.
7. Other circumstances that are determined by the dean of students or a designee to be appropriate.

Parents and/or guardians will be contacted by the Dean of Students or a designee. Whenever possible, students will be notified in advance that their parents and/or guardians are to be contacted.