



Archie's Scoop

Archie's Scoop is a newsletter for our new freshmen at the University of Southern Indiana. This publication will be delivered on a regular basis during the summer prior to your first semester at USI. Get information on your new home away from home and updates on the activities that will happen during Welcome Week! Dig into your college career early with Archie's Scoop!

Health & Wellness: Alcohol Awareness

It's in music, books, television, and movies: depictions of college students partying and drinking all the time. Popular culture may seem to indicate that this is all college students do, but in reality this is just not true for the overwhelming majority of USI students. Below, check out some of these incorrect perceptions, and the correct facts, about alcohol use at USI from a 2010 Freshman Survey:

I Think...

ACTUALLY...

- ◆ Only 17.6% of USI students DON'T drink at parties
- ◆ Only 28.9% DON'T drink when hanging out with friends
- ◆ 24.6% think alcohol is important to social life on campus

- ◆ 53.1% DON'T drink at parties
- ◆ 65.3% DON'T drink when hanging out with friends
- ◆ Only 9.8% think alcohol is important to social life

The numbers don't lie—when it comes to our perceptions about other people's alcohol use, our estimates are *way* off. Most USI students don't drink when hanging out with friends or partying, and less than 10% of USI students actually think that alcohol is important to social life at USI. There are so many other options that will allow you to have fun and grow as a person instead of drinking—check them out to the right!



- 1. GET INVOLVED!** Being a part of something bigger than yourself gives you the confidence to have fun without changing who you are.
- 2. GO EVANSVILLE!** Check out Archie's Scoop #1 for a list of fun things to do in our River City!
- 3. VOLUNTEER!** Giving to others will show you the importance of building meaningful relationships.
- 4. STUDY!** After all, getting your education is why you are here! Form groups with friends to have fun *and* study at the same time.

Welcome Week Highlights

First Night Out at the RFC

Need to find a way to relax after moving into your residence hall or apartment? Come check out the new Recreation, Fitness and Wellness Center on August 18 for First Night Out at the RFC! Activities include billiards, volleyball, basketball, video-gaming, rock climbing, and much more! To learn more about this and other great Welcome Week events, go to www.usi.edu/welcomeweek



The Dangers of Alcohol Abuse

For many students, their first year at college is a very exciting time filled with new experiences. While most of these experiences are positive, some can be very damaging. Abusing alcohol or putting yourself in a situation where alcohol is misused can be very dangerous. Here are just a few of the problems that can arise from alcohol abuse:

- ♦ **Accidents**—It is way too easy to injure yourself or others when you have consumed alcohol. In 2009, nearly *one in three* auto-fatalities in Indiana involved alcohol.
- ♦ **Assault**—Alcohol is a major contributing factor in physical and sexual assaults. According to a study, *90%* of all campus rapes occur when alcohol has been used by either the assailant or the victim.
- ♦ **Alcoholism**—When you abuse alcohol often, you could develop alcoholism, an addictive disorder that can lead to cirrhosis of the liver, sexual dysfunction, cancer, psychosis, and depression.
- ♦ **Embarrassment**—Besides puking, crying, and blacking out, excessive use of alcohol lowers your inhibition, which leads to embarrassing situations like sending your grandma a video of you dancing on the table at a party.
- ♦ **Overall Difficulties**—When you abuse or misuse alcohol, everything suffers: your personal health, relationships, academics, job, and family. Before you make the choice to drink, think about what's *really* important.



Keep yourself safe—don't put yourself in a situation where you could be killed, injured, or ruin your reputation, and don't be the person perpetuating these statistics.

USI Fun Facts

USI hosts over 75 international students from around the world. USI students can also participate in *study abroad* programs in over 60 different countries! With careful



planning, students of any major can participate in these exciting overseas programs! Visit usi.edu/ips for more information! Housing also offers the *Global Community Living Learning Community*,

which allows American and international freshmen to live together! Visit usi.edu/res/prospective/llc.asp for details!

Get Involved!

USI features over 100 student-run clubs and organizations that allow you to meet other students, learn new skills, network with professionals, and have FUN! Want

information on joining the best organization for you? Come by the Involvement Fair on

August 31 from 11 a.m. to 2 p.m. on the Quad to learn about all of the organizations USI and the Evansville community offers!



ARE YOU GETTING
THE FULL COLLEGE
EXPERIENCE?

OR ARE YOU JUST GOING TO CLASS?

