

High Risk Drinking

Why should I be concerned with how much alcohol students are drinking?

Student performance in class is strongly correlated to the number of drinks consumed, resulting in missing more classes, getting behind in school, and dropping out of courses.

Students who are at optimum wellness increase their opportunities for academic and personal success, as well as retention in classes. Research shows a positive correlation between a high level of faculty/staff-student interaction and desirable outcomes, such as more time spent on course work and avoidance of high-risk social behavior.

What can I do about high-risk drinking among FSU students?

- Take attendance in class.
- If you are unable to hold class, invite a health educator from Thagard Health Center to speak to one of your classes.
- Integrate information on alcohol/drugs and related cultural issues into instructional presentations, meetings, and the classroom.

What resources are available?

Advice and personal intervention are available through these services:

The University Counseling Center 644 - 2003
Thagard Student Health Center 644 - 8871
Dean of Students 644 - 2428

<http://www.tshc.fsu.edu>



Breathe Easy Zones

New Smoking Policy

In keeping with the Florida Clean Indoor Air Act and Healthy Campus 2010, the Florida State University smoking policy has been updated to include Breathe Easy Zones on campus.

What Is a Breathe Easy Zone?

A Breathe Easy Zone is an area 20 - 50 feet from the entrance of a building designated as no smoking. Designated smoking areas will be established in the vicinity of the building, but outside of the Breathe Easy Zone.

Why?

Many campus employees have health problems and being exposed to second-hand smoke is very dangerous. It is well-documented that exposure to second-hand smoke increases a person's chance of developing health problems even if they've never smoked.

Compliance

Compliance with the new smoking policy relies on all members of the campus community, both tobacco users and non-tobacco users, acting responsibly and collectively to abide by the new policy.

Current Breathe Easy Zones

- Westcott Building
- Thagard Student Health Center
- Sandels Building
- College of Medicine
- College of Nursing
- Leach Center
- Tully Gym
- Intramural Field
- FSU Reservation
- Montgomery/Shores Building

<http://www.breatheeasy.fsu.edu>