

Draft

Dear Student,

Welcome to UNH. We hope you are excited about joining us in Durham for the Spring semester. UNH is committed to the academic success and overall health and wellbeing of each student. We are aware that alcohol can have a negative impact on these areas which is why as part of the University's comprehensive approach to addressing alcohol issues on campus, we are requiring all:

traditional-aged first-year students (17- 24 years only) complete an online alcohol education program prior to starting school this by January 24, 2011.

UNH uses **MyStudentBody®** by Inflexxion. The program will help you examine your personal beliefs, risk behaviors and consequences about alcohol through engaging interactive tools, peer stories and student-friendly informational pieces. We hope that the program will provide you with information and tools to help you decide what role alcohol will play in your life while at college. Please know that many UNH students choose not to drink alcohol and most of those who do choose to drink do so in a low-risk way.

The program should take about 90-minutes to complete. We will track completion based on **your UNH email address and your name**. Though you are only required to complete the alcohol, freshman course, the MyStudentBody® Web site contains health information on a variety of topics including sexual health, stress management, tobacco and other drugs, Please feel free to review these other areas.

Getting Started...

Please go to the following website:

<http://www.unh.edu/health-services/msb.html>

Please feel free to contact me with any questions or comments about the program. Don't forget you have until **January 24th** to complete this course!

Sincerely,

Melissa Nicholson

Alcohol, Tobacco, and Other Drug Educator

Office of Health Education and Promotion

UNH Health Services

12 Ballard Street, Durham, NH 03038

603-862-3823

Melissa.nicholson@unh.edu