

THE STALL SEAT JOURNAL

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Win a Wii!

One in six students will get a chance

Between Feb. 12 and 25, the Wellness Resource Center will be conducting the National College Health Assessment online survey. One in six VCU students will be selected randomly to participate. Selected students will receive a letter announcing that they have been chosen, and an e-mail will be sent to their VCU accounts with their personal access codes. All who take this confidential survey will have a chance to win one of hundreds of prizes, including Starbucks gift cards, VCU T-shirts, and a Nintendo Wii.

Win prizes for sharing Party Smart Strategies

We are looking for new and innovative ideas that help VCU students party smart and avoid problems with alcohol. If you use a strategy that works, or to enter the contest to win fun, digital toys, visit www.yourstrategy.org and share your ideas with us.

(First prize, digital picture frame; runner-ups win a 4GB flash drive.)

What's real about VCU students partying smart?

- 64% have 0–4 alcoholic drinks when they go out.
- 72% used alcohol on 5 or fewer days per month.
- 91% have not had alcohol affect their academics.
- 77% use at least one Party Smart strategy every time they party.
- 66% either don't drink or always use a designated driver if they choose to drink.

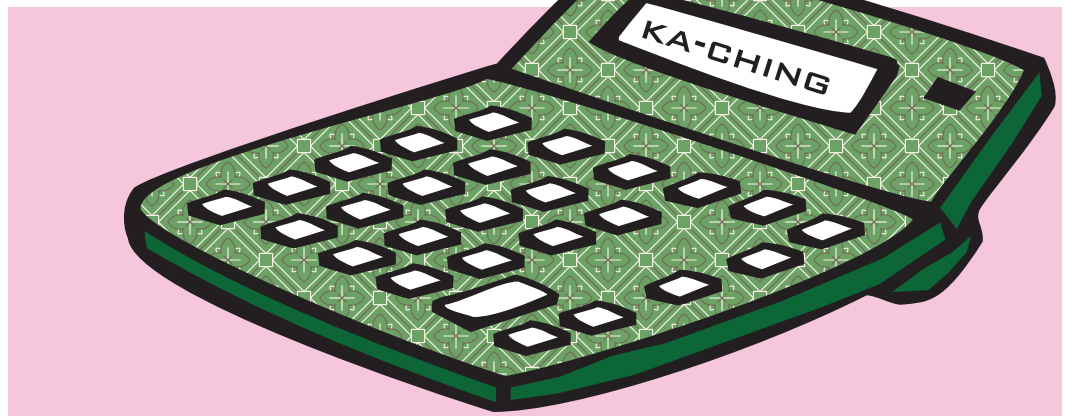
Introducing the "Safety Wallet" Strategy

Get one FREE at [The Well](#) while supplies last

Traveling to or living in any urban environment means you have to be aware of your surroundings and practice strategies for staying safe.

A student from New York came up with the "Two-Wallet Strategy" that he uses when out socializing. This strategy involves putting money and an ID into one wallet and putting money and a different ID into a second wallet or pocket. This way, if a mugger demands your money, you can give one wallet or pocket — but you will still have what's in the other to help you get home.

Inspired by this student's strategy, we have created the "Safety Wallet." It's full of other innovative strategies for staying safe when you're out socializing, such as the "Watch Your BAC" Strategy and the Party Smart Guide!



PARTY ECONOMICS

Do students think about the economics of partying? We looked at our data and talked to students. The data reveal that 57 percent of VCU students work in addition to going to school. The stories we've heard suggest that a lot of Party Smart strategies are centered around the fact that students like to have fun, but they don't like to go broke in the process.

The majority of students drink only 0–4 alcoholic drinks when they go out. Even so, the cost can add up. A person who buys 4 or fewer drinks in a night easily could spend up to 20 bucks on alcohol alone.

A student who drinks alcohol on 5 or fewer days per month (as most VCU students do) could end up spending well over \$100 per month. That's \$500 per semester, or more than 70 hours of paid work! (Maybe that's why 23 percent of students don't drink at all.)

Several students told us it's too easy to pay with credit or fork over cash once they start drinking. To avoid spending too much too fast, one strategy is to leave the credit

and debit cards at home. Students predetermine how much cash they want to spend before they drink. This way, they can better track how much the evening is costing along with how many drinks they've had.

Not thinking ahead can cost in other ways. If you're low on dough (and time), you definitely don't want to be arrested for a DUI. The average cost of a DUI in Virginia is more than \$4,000. If you earn \$10 per hour, this penalty would cost 400 hours of work! Compared to a DUI arrest, \$30 for a cab is cheap!

Next time you party, try to calculate how many hours you need to work to make up your fun money. If you want to spend less money, but don't know how, consider one of many Party Smart strategies at www.yourstrategy.org. Here are a couple of examples that students tell us they use:

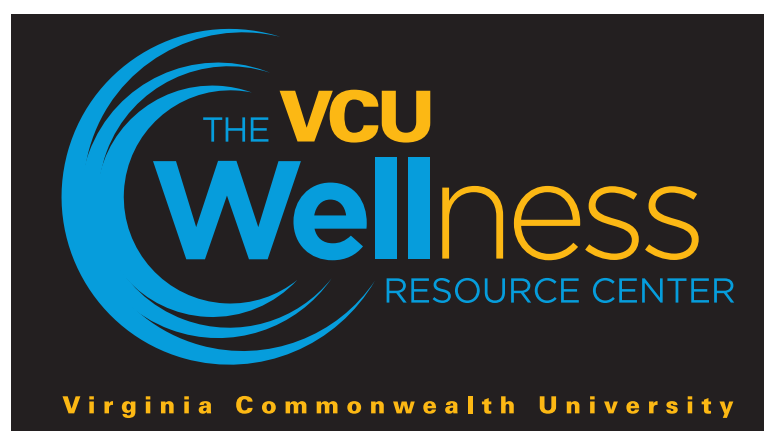
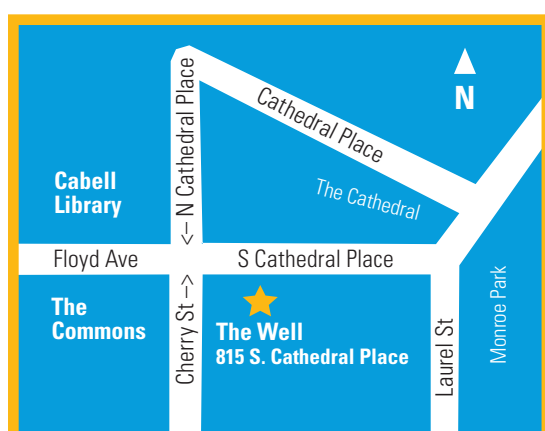
- Alternate an alcoholic drink with a cheaper non-alcoholic drink.
- Party at a place that offers free non-alcoholic drinks to designated drivers (details in the Safety Wallet).

Get carded! Health insurance...Who needs it anyway?

Everyone does, including students. Most VCU students (86 percent) have health insurance.

It is a good idea to keep your health insurance card on you in case of an accident or emergency illness. A single accident or unexpected illness can drain a family's financial resources and interrupt your college education.

If you're a student who doesn't have health insurance, consider purchasing a plan through VCU so that you have coverage for services that are not covered by VCU Student Health Services. For details, check out www.students.vcu.edu/health/insurance.



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www.YourStrategy.org

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